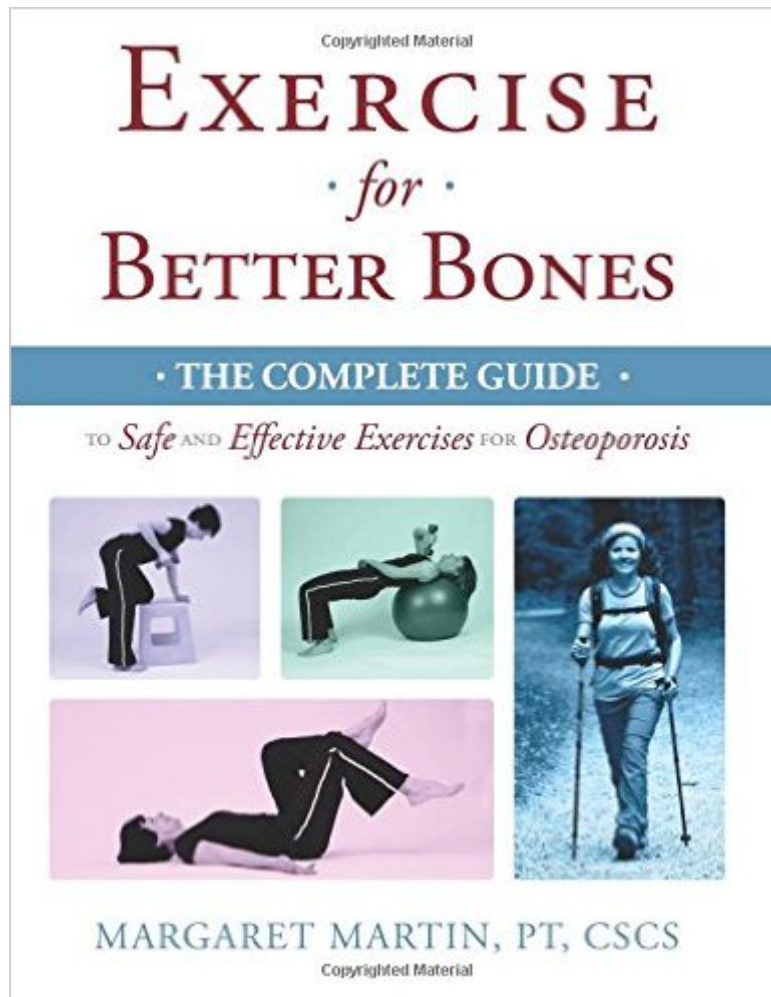


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# Exercise For Better Bones: The Complete Guide To Safe And Effective Exercises For Osteoporosis



## Synopsis

Exercise for Better Bones is the most comprehensive and current exercise program for people with osteoporosis, osteopenia and low bone density. Written by Physical Therapist Margaret Martin, Exercise for Better Bones has been used by thousands of individuals around the world to improve their bone health and reduce their risk of a fall and fracture. Exercise for Better Bones is designed for any individual with osteoporosis and in need of a safe and effective osteoporosis exercise program. The book offers four program levels: Beginner, Active, Athletic and Elite.

## Book Information

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## Customer Reviews

I am a physical therapist and I became familiar with Margaret Martin when my bone density test came back indicating osteopenia at age 58. While I frequently see patients with osteoporosis in the clinic it is usually after a fracture and patients are being rehabilitated primarily for function with little focus on bone health. I have not known of treatment for people like myself, trying to maximize bone health addressed beyond patients being told by their doctors, as I was to just walk a lot or to do "weight bearing" exercises, take calcium supplements and possibly additional prescription medications. Once I received the diagnosis I searched for information about PT intervention took Margaret Martin's online course for physical therapists and purchased this book. There are so many things about this book that I love. First, that it gives users a method to determine their level for exercise and presents a continuum of exercises that the individual may progress through. Programs begin at the most gentle basic levels and readers may progress to full workouts at a high level. Or they may continue a comprehensive workout at the level they fit into based on answers to

questions. The book has a program for most anyone seeking one and remains a useful tool well beyond the scope of other resources. Exercises are meticulously described taking care to highlight safety. Instruction goes beyond just doing the exercise and includes information about how to safely get in and out of the exercise position and how to breathe. Exercise programs are comprehensive targeting areas of strength, balance, posture, cardiovascular fitness and flexibility. All areas critical to maintain bone health and prevent falls and deformity so common with osteoporosis.

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