

Physical therapy services at University of Delaware Clinics can help regain mobility, function, strength, and confidence in patients with osteoporosis, as well as help prevent future injury and increase safety for activities of daily life. MD referral NOT required for most insurances!



**University of Delaware  
Physical Therapy is Ranked  
#1 in the Nation by US News  
and World Report!**

**We staff Board Certified  
Specialists in the areas  
of Orthopedics, Sports,  
Geriatric, and Neurologic  
physical therapy.**



**Delaware  
Physical Therapy Clinic**

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**Delaware  
Physical Therapy Clinic**

*Open to the public*

**Treating  
Osteoporosis**



**STAR Health**  
UNIVERSITY of DELAWARE

## What is Osteoporosis?

Osteoporosis is a disease that, over time, depletes calcium from the bones of men and women, causing bones to become weak and brittle, making them easier to fracture and harder to heal after a fracture.

### “Use it or Lose it”

Daily weight bearing and muscle building exercise is essential for the maintenance of healthy bones. At least 30 minutes of moderate exercise is needed per day. Inactivity causes bone to weaken and thin, especially in the case of prolonged inactivity after an illness or injury.

### Parts of your body most vulnerable to fractures

- Spine
- Hip
- Wrist
- Ankle

## How can Physical Therapy help?

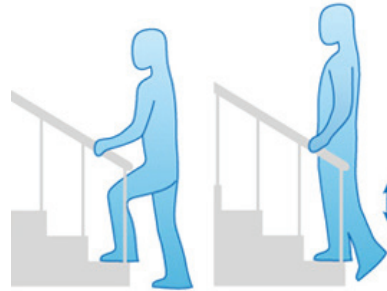
A physical therapist can develop a strengthening program with your specific interests and goals in mind, to keep you active and improve your bone health.

## Examples of Bone-Building Exercises

*Get your physical therapist's approval before trying these exercises.*

### STEP UPS

Step up onto a stair with 1 foot, using strength of that leg to pull you up onto step. Step back with opposite foot, slowly lowering yourself back to ground. Repeat with opposite leg.



### CHAIR PUSH UPS

Sit at the edge of a chair with arms, with hands on armrests. Push weight through hands and straighten elbows to lift buttocks a few inches off of chair. Lower slowly.



## Risk Factors for Developing Osteoporosis

- Physical Inactivity
- Older Age
- Diet Low in Calcium
- Small Body Size
- Female Gender and Post-Menopause Status

Source: [www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html](https://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html)



## Increase Your Daily Calcium Intake

Osteoporosis can be diagnosed via a bone density scan that can be ordered by your primary care doctor. If you believe you may have osteoporosis, review your risk factors and need for testing.