

SO YOU WANT TO DO PILATES? AND YOU HAVE OSTEOPOROSIS...

ALIGNMENT

AWARENESS

LEG STRENGTH

POSTURE

SPINAL EXTENSION

CORE CONTROL

*WITH LOW BONE DENSITY
AVOID:*



ROUNDED SPINE ABDOMINAL WORK: Hundred, Rollup, Rolling, Crisscross, Teaser, Single/Double Leg Stretch, Neck Pull, Open Leg Rocker



LOADED SPINE FLEXION: Rollover, Corkscrew Spine Stretch, Jack-Knife, Scissors, Bicycle, Boomerang, Seal, Crab, Control Balance



DEEP TWISTS: Spine Twist, Corkscrew Saw, Criss Cross



PRESSURES ON THE RIBCAGE: Rocking, Swan 2/3

**FOR MORE INFORMATION CONTACT
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION**

WWW.BONEHEALTHANDOSTEOPOROSIS.ORG • 1-800-231-4222

SO YOU WANT TO DO PILATES FOR YOUR BONES?

RECOMMENDED MATWORK:



CORE CONTROL



DYNAMIC ALIGNMENT



LEG STRENGTH



SPINAL EXTENSION

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