

WHAT TO DO NOW?

Call for a specialised individual assessment.

At Physiocise we are used to dealing with bad backs, dodgy joints, poor pelvic floors and all the other factors that often make it difficult for people to do the level of exercise necessary to build bones.

All our patients are individually assessed, and classes are graded to the right ability level. If classes are not appropriate then we have the option of an individual program.

Contact our office to book in to see one of our **STRONG BONES** specialist physiotherapists.

STRONG BONES

physiocise[™]
your **BODY** your **LIFE**



OSTEOPENIA and OSTEOPOROSIS CLASSES

We know that **medication** has been shown to reduce the risk of fractures by **35%**.

(McCloskey et al. J Bone Miner Res 2012)

But did you know that **EXERCISE** can be even more effective and can reduce fractures by **50%**?

(Kemmer et al Osteoporosis Int 2013)

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WILLOUGHBY STUDIO

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MOORE PARK STUDIO

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“Bones are a living dynamic tissue that responds to the stresses placed on them, and thus exercise plays a critical role in both prevention and management of osteoporosis.”

PROF ROBIN DALY

PhD FSMA

Chair of Exercise and Ageing,
Institute for Physical Activity and Nutrition
(IPAN) Deakin University

**BUILDING BONE IS LIKE BUILDING
A HOUSE...YOU NEED A SPECIALIST**

Normal activities like walking, cycling and swimming are NOT specific enough to build new bone.

Our classes are specifically designed to scientifically activate your body to build new bone and prevent osteoporosis.

We also keep you up to date with all the latest research to help you understand all the lifestyle factors that will help like diet, vitamin D and sunshine.

Physiocise STRONG BONES classes are great for you if you:

- have a **family history** of osteoporosis or osteopenia
- are in any stage of **menopause**
- had a history of **late puberty** or loss of periods
- have a very **slight build**
- have history of **vitamin deficiencies**
- have Coeliac, Crohn's or other **malabsorptive conditions**
- are post treatment for **cancer**



Find out more:
[physiocise.com.au](https://www.physiocise.com.au)

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