



Live Stronger, Live Longer: OSTEOPOROSIS

DISEASE BURDEN



2 thirds of Australian's aged over 50 suffer from low bone mass (70% of these are female).



A diagnosis of osteoporosis is associated with a 2-3x increased risk of sustaining a fragility fracture, leading to a loss of independence and reduced wellbeing.



Quality of life can be significantly impaired. Wrist and forearm fractures affect the ability to write, type, perform personal care and manage household chores. Fractures of the spine and hip affect mobility, such as walking, bending and lifting.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

HOW CAN EXERCISE HELP?



Bone is a dynamic tissue that adapts to changing load requirements. Exercise is a vital stimulus for the development and maintenance of optimal bone strength through out the lifespan.

Common modes of exercise such as walking, cycling and swimming do not provide enough stimulus to improve bone strength.

WHY SEE AN EP?



As Exercise Physiologists we are up to date on the latest research on the type, dose and frequency of exercise to stimulate bone growth. Due to our extensive training we are able to take into account individual factors such as health status, physical function, and other clinical conditions to tailor a safe and effective exercise program.

NEVER TOO LATE TO START



Progressive resistance training and impact training can improve the bone strength of children, adolescence, pre- and post-menopausal women and older men.

Individuals with low bone mass or historically low levels of exercise can exhibit the greatest bone adaptation to exercise.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.