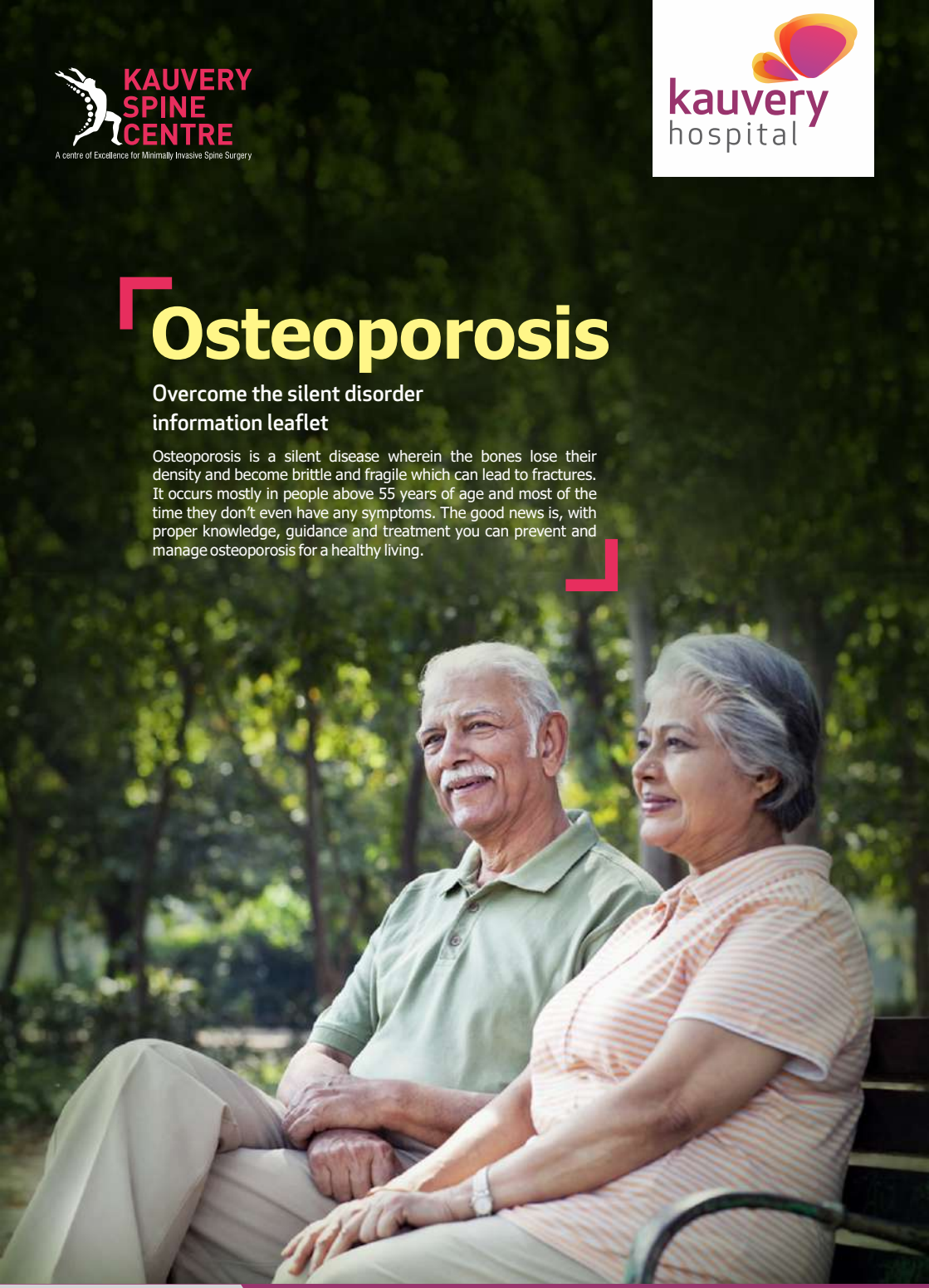
KAUVERY SPINE CENTRE
A centre of Excellence for Minimally Invasive Spine Surgery

kauvery hospital

Osteoporosis

Overcome the silent disorder information leaflet

Osteoporosis is a silent disease wherein the bones lose their density and become brittle and fragile which can lead to fractures. It occurs mostly in people above 55 years of age and most of the time they don't even have any symptoms. The good news is, with proper knowledge, guidance and treatment you can prevent and manage osteoporosis for a healthy living.



Important causes of Osteoporosis

- Age
- Deficiency of calcium
- Deficiency of vitamin D
- Low level of estrogen in women
- Low level of testosterone in men
- Sedentary lifestyle
- Cigarette smoking
- Alcohol
- Heredity
- Certain Medications

Tips for fall prevention

- Install grab bars in bathroom
- Avoid slippery & uneven floors
- Keep the floor clear of clutter & wires
- Wear right shoes
- Have good ventilation / light
- Use walking stick for support
- Avoid lifting very heavy weights
- Have carpets / rugs struck to the floor
- Use rubber mats in bathroom
- Keep a flash light handy for power failures

How To Diagnose

(DEXA SCAN)

The 3 M's to manage Osteoporosis are:

- Modification in Lifestyle
- Medications
- Modification in Diet

I. Modification in Lifestyle: Lead an active life

- Walking
- Water Exercises
- Gentle Weight bearing Exercises
- Gardening
- Regular Stretches
- Yoga
- Climbing Steps
- Exposure to Sunlight

II. Medications:

Follow your doctors prescription

III. Modification in Diet: Rich in Calcium

Milk & Milk products

Nuts & Seeds

Fruits & Vegetables

Leafy Vegetables

Egg & Fish

EXERCISE FOR OSTEOPOROSIS RESISTANCE

Heel and toe raising - Hold a bar/ grill. Slowly raise your heels up. Hold. Slowly lower them down. Similarly, raise your toes up. Hold. Slowly lower them down.

Knee extension - Sit on your chair with a weight around your ankle. Slowly raise your leg up while straightening your knee. Hold. Slowly lower yo

Chair sit and stand - Sit on your chair with good upright posture. Hold a grill. Slowly raise yourself up to standing pose. Hold. Slowly lower yourself to sitting pose.

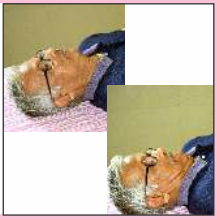
Biceps curl - Sit on your chair. Tie a weight cuff around your wrist. Slowly bend your elbow towards your shoulder. Hold. Slowly bring it down. Repeat with the other wrist.

Hip extension - Hold a grill. Slowly lift one leg backwards while keeping your knee straight. Lift as high as you can, without losing balance & without bending forward. Slowly lower the leg back. Repeat with the other leg.

Pelvic bridging - Lie on bed with knees bent. Slowly raise your hip as high as you can. Hold. Slowly lower your hip down.

Lateral leg raise - Hold a grill. Slowly lift one leg to the side, keep your knee straight. Hold. Slowly lower the leg back. Repeat with the other leg.

Chin tuck – Lie down on bed with knees bent. Slowly tuck your chin down. Hold. Slowly release.



Single leg standing - Hold a grill. Slowly raise one knee towards your chest with your leg bent, keep your back, waist and other leg straight. Lower the leg down. Repeat with the other knee

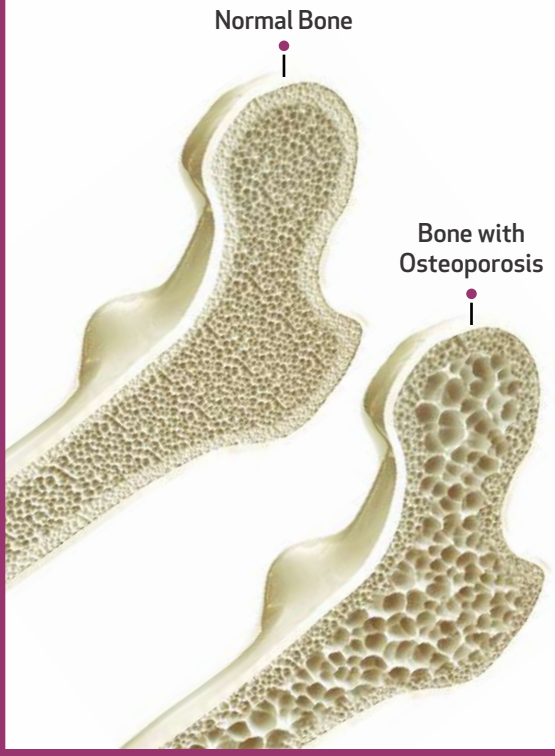
Hip flexion - Hold a grill. Slowly lift one leg forward, while keeping the knee straight. Lift as high as you can, without losing balance and without bending backwards. Slowly lower the leg down. Repeat with the other leg.

kauvery hospital

Bones are strong.

Do not let Osteoporosis takecontrol of them!

Owing to Osteoporosis week, Kauvery Hospital is launching a **Comprehensive Osteoporosis Health Check-up Package** to help you identify and manage it.



Package Details

- Vitamin D
- Calcium
- Serum Creatinine
- Orthopaedician Consultation
- Physiotherapy Consultation
- Diet Counselling

Cost of Package

₹2,500/-

Valid Till: 10th November 2018

SCHEDULE AN APPOINTMENT
044 4000 6000

KAUVERY HOSPITAL
No. 81, TTK Road, Alwarpet Junction, Chennai - 600018
E : info@kauveryhospital.com **W :** kauveryhospital.com