So you want to do Pilates? and you have Osteoporosis...

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: Roolover, 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:
National Osteoporosis Foundation
NOF.org
1(800) 231-4222

NOF.org
So you want to do PILATES for your BONES?

**RECOMMENDED MATWORK:**

- **CORE CONTROL**
- **DYNAMIC ALIGNMENT**
- **LEG STRENGTH**
- **SPINAL EXTENSION**

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