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# Exercise For Better Bones: The Complete Guide To Safe And Effective Exercises For Osteoporosis

## EXERCISE · for · BETTER BONES

• THE COMPLETE GUIDE •

TO *Safe AND Effective Exercises FOR Osteoporosis*



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## **Synopsis**

Exercise for Better Bones is the most comprehensive and current exercise program for people with osteoporosis, osteopenia and low bone density. Written by Physical Therapist Margaret Martin, Exercise for Better Bones has been used by thousands of individuals around the world to improve their bone health and reduce their risk of a fall and fracture. Exercise for Better Bones is designed for any individual with osteoporosis and in need of a safe and effective osteoporosis exercise program. The book offers four program levels: Beginner, Active, Athletic and Elite.

## **Book Information**

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## **Customer Reviews**

I highly recommend this book for a clear and comprehensive exercise program to improve bone health. Together with Margaret Martin's website, melioguide, everything is available here. I have been doing her exercise program for a month and am noticeably stronger.

Very informative. I am so glad someone has written a book for people with bone loss so we can feel safe doing the exercises.

After a DXA scan revealed bone loss, the doctor recommended I do "weight bearing exercise" (and take a drug, but I won't talk about that here) and then left me to my own devices. No specifics on what weight bearing meant or that there were moves I should avoid. to protect my spine. Thanks a lot doc (not)! It was only through internet research that I stumbled across Margaret Martin's Melio Guide website, which led me to the purchase of this book. I like that she provides four different exercise levels: beginner, active, athletic and elite ( no beginner wants to be thrown in the deep end of the pool, and nobody who has been a regular exerciser wants to do a beginner workout). I also respect that Ms. Martin is a licensed physiotherapist and certified trainer with a long history of working with the osteoporosis population - as well as training other physiotherapists; I think that is particularly important in this situation. I do wish the binding of the book was spiral-bound so that it would lay flat (personally, I think all exercise books should be spiral bound.) Also, I thought it was a little odd that although the exercises are described/pictured in the book, you have to visit her website to download specific workout plans/schedules (she offers both 3 day a week & 6 day a week plans). However, it is not hard to visit her website and she has so much additional osteoporosis-related content there, it is worth the visit (I especially enjoy the youtube stability ball warm-up she has posted - the music and the moves are fun and it makes me wish she would put out an exercise video!)

An extremely helpful guide to exercising for those of us with osteoporosis

This is an excellent resource. I shall keep it handy and stay mindful of the correct way to do exercises without hurting myself.

I am 58 years old and have severe osteoporosis. I have had six fractures and was afraid to move. Ha ha This book has helped me feel more confident with exercising.

I am a physical therapist and I became familiar with Margaret Martin when my bone density test came back indicating osteopenia at age 58. While I frequently see patients with osteoporosis in the clinic it is usually after a fracture and patients are being rehabilitated primarily for function with little focus on bone health. I have not known of treatment for people like myself, trying to maximize bone health addressed beyond patients being told by their doctors, as I was to just walk a lot or to do "weight bearing" exercises, take calcium supplements and possibly additional prescription medications. Once I received the diagnosis I searched for information about PT intervention took

Margaret Martin's online course for physical therapists and purchased this book. There are so many things about this book that I love. First, that it gives users a method to determine their level for exercise and presents a continuum of exercises that the individual may progress through. Programs begin at the most gentle basic levels and readers may progress to full workouts at a high level. Or they may continue a comprehensive workout at the level they fit into based on answers to questions. The book has a program for most anyone seeking one and remains a useful tool well beyond the scope of other resources. Exercises are meticulously described taking care to highlight safety. Instruction goes beyond just doing the exercise and includes information about how to safely get in and out of the exercise position and how to breathe. Exercise programs are comprehensive targeting areas of strength, balance, posture, cardiovascular fitness and flexibility. All areas critical to maintain bone health and prevent falls and deformity so common with osteoporosis. I particularly like that while each of these are addressed separately many of the muscle strength exercises incorporate several of these components in addition to strengthening. Equipment requirements are minimal and it is easy to follow the program from your home without need to go to a gym. Going beyond the scope of her exercise programs Ms. Martin also explains the types of exercises to be avoided citing research indicating exercises that may put individuals with decreased bone integrity at greater risk for fracture. Beyond the book Ms. Martin maintains a website and Facebook page which are regularly updated providing a spectrum of relevant information and resources pertaining to bone health including information about another component often overlooked, nutrition. I personally have lived the exercise programs from the book, progressing from the Active Level to a combination of Athletic and Elite exercises. The happy surprise for me was that in addition to helping me put forth my best efforts to prevent osteoporosis and build quality bone; I found a significant decrease in pain from a nagging sacro-illiac problem that I had been working to diminish for a while before starting this program. Of course it makes sense, build better posture, a stronger core and stronger muscles and avoid activities that throw off alignment and back pain reduction is likely to follow. While I wish I had the opportunity to take a live course with Ms. Martin the information that she has shared has both improved my health personally and has helped me to better serve my patients. I am so appreciative of the contribution she has made to Physical Therapy and the preservation of bone health. Addendum: I chose not to take medication recommended for osteoporosis but told my endocrinologist I might consider after my next bone scan. This book has provided the foundation for the exercise program I have followed for the past 1.5 years. I just got the 2 year follow up DEXA results which showed no decrease in bone density in both hips and a 4% increase in lumber spine density. For the first time my endocrinologist told me that for now my bone

density is stable and there is no reason to take medication. I credit a large part of this result to what I learned in this book and incorporated into my life . Thank you Margaret Martin!

What a fabulous resource! Margaret Martin is amazing whether you're using her books or viewing her amazing videos. This book is packed with sound information and instructions for practices to strengthen our bones. There is so much variety which means you can customize your approach to this important work. Something for everyone and you'll not get bored. This book, and her "Yoga for Better Bones" has helped shaped my everyday movements as well as intentional workouts. It has also greatly helped my work as a yoga instructor. Thanks Margaret!

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