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: Rollover, 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
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION
WWW.BONEHEALTHANDOSTEOPOROSIS.ORG • 1-800-231-4222
SO YOU WANT TO DO PILATES FOR YOUR BONES?

RECOMMENDED MATWORK:

CORE CONTROL

DYNAMIC ALIGNMENT

LEG STRENGTH

SPINAL EXTENSION

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