Osteoporosis?

Doctor recommends exercise?

But what exercise?
Research has demonstrated that only certain types of exercise improves bone health.

ONERO™

by THE BONE CLINIC

Science in Practice

The award winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that Onero(TM), supervised, bone-targeted high intensity resistance and impact training, reduces osteoporotic fracture risk in postmenopausal women and older men with low to very low bone mass [1-8].

The evidence-based Onero(TM) program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised [1-8].

INCLUDES FALL PREVENTION EXERCISES

The risk of osteoporotic fracture is greatly increased in people who fall. Onero (TM) training includes exercises to improve balance and thereby reduces osteoporotic fracture risk both by improving bone and reducing falls.

FUNCTIONAL ASSESSMENTS

We recommend a number of simple functional assessments before beginning Onero(TM) so effectiveness can be monitored. These tests form part of a vital strategy to track real world safety and effectiveness of the Onero(TM) program in the larger research program underway at The Bone Clinic.

FULLY SUPERVISED

The safety of the Onero(TM) program depends on clinical assessment to recognise co-existing conditions so that the program can be implemented without risk of injury or exacerbation of existing conditions.

A hallmark of the Onero(TM) program is a requirement for close supervision by allied health professionals.

Only coaches with the appropriate clinical training and expertise are permitted to deliver Onero(TM) to people living with osteoporosis.

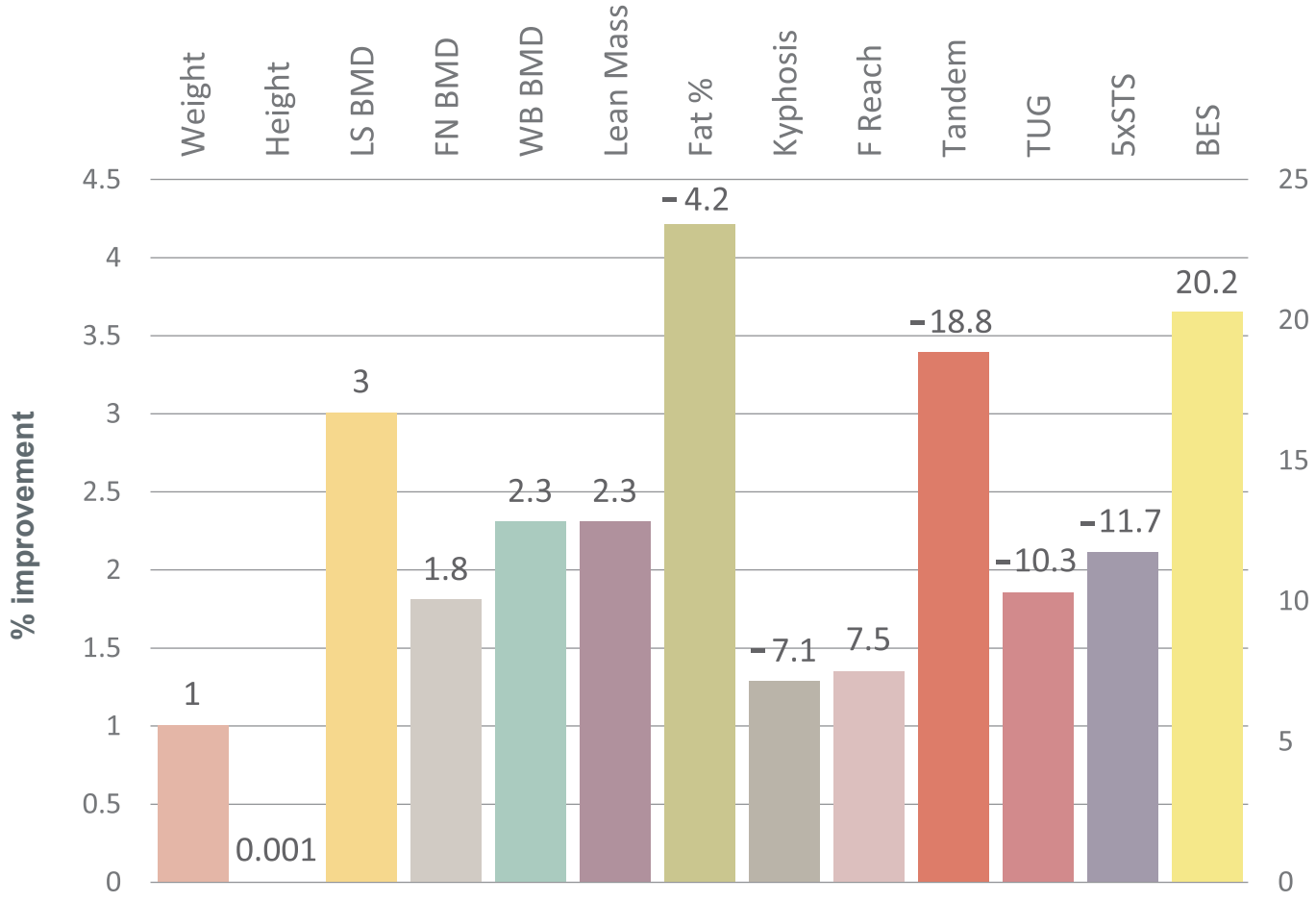
DISCLAIMER

The Onero(TM) program is designed to improve osteoporosis or osteopenia but consultation with a primary care provider and/or specialist is recommended to understand all treatment options.

Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density. I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease of life. My bone density improved by 5% in the spine and 8% in my hip!

Mean % improvement after 12 months supervised Onero(TM) training (n=451)

Increased dietary Ca^{++} 19%, reduced supplementation 16%



Key: LS - lumbar spine; BMD - bone mineral density; FN - femoral neck; WB - whole body; T hip - Total Hip; F Reach - functional reach; TUG - Timed up and Go; 5xSTS - Five Times Sit to Stand; BES - Back Extensor Strength

References

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2. Watson SL, Weeks BK, ... Beck BR: High-intensity exercise did not cause vertebral fractures and improves thoracic kyphosis in postmenopausal women with low to very low bone mass: The LIFTMOR trial Osteoporosis Int, 30(5):957–964, 2019
3. Harding AT, Weeks BK, ...Beck BR: A comparison of bone-targeted exercise strategies to reduce fracture risk in middle-aged and older men with osteopenia and osteoporosis: LIFTMOR-M semi-randomized controlled trial. JBMR. 35(8):1404–1414, 2020
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6. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: A comparison of bone-targeted exercise with and without antiresorptive bone medication to reduce indices of fracture risk in postmenopausal women with low bone mass: the MEDEX-OP randomised controlled trial. JBMR Sep;36(9):1680-1693, 2021
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8. Beck BR: Exercise prescription for osteoporosis: Back to Basics. Perspectives for Progress ESSR, 50(2):57-64, 2022

For a full listing of relevant publications and reports, visit https://theboneclinic.com.au

HEALTHY MOVEMENT
HEALTHCARE

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ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA

ACCREDITED
PROFESSIONAL DEVELOPMENT

JOURNAL OF BONE MINERAL RESEARCH

The Journal of Bone Mineral Research is the highest-ranking bone journal in the world, publishing over 2,500 scientific papers a year. In 2017, the publication on which the Onero (TM) programme is based made the Top 5 JBMR 'Attention Grabbing Papers.'

EXERCISE & SPORTS SCIENCE AUSTRALIA

A research presentation of the 3-year findings from The Bone Clinic won the 'Practitioner Award' at the 2018 Research to Practice meeting of ESSA.

WALL STREET JOURNAL

In May 2018, Wall Street Journal published an article on the revolutionary Onero (TM) programme for osteoporosis and osteopenia, which was republished in The Australian.

ONERO™ HEALTHY BONES AUSTRALIA

committed to exercise for bone health

For more information please visit Healthy Bones Australia's website.