

Osteoporosis?

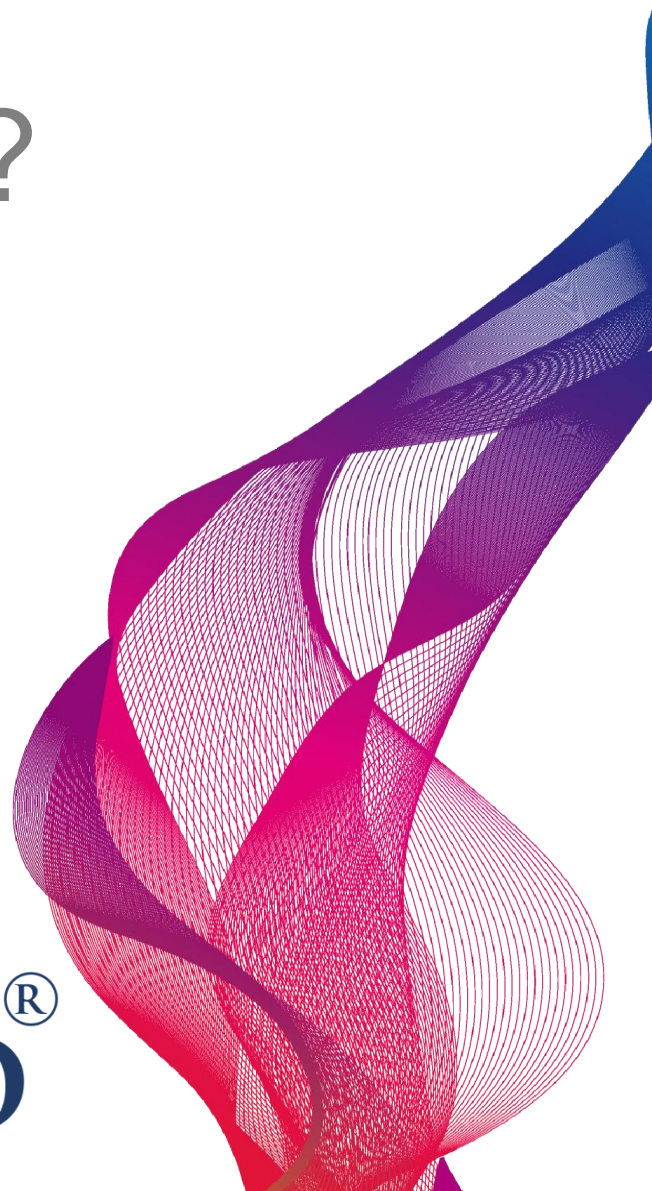
Doctor recommends exercise?

But what exercise?

Research has shown that
only a certain type of exercise
improves bone health.



ONERO®



The award-winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that ONERO®, 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® program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised ^[1-8].

INCLUDES FALL PREVENTION

The risk of osteoporotic fracture is greatly increased in people at risk of falling. ONERO® training not only improves leg muscle strength but includes exercises to improve balance and mobility, thereby reducing osteoporotic fracture risk both by improving bone *and* reducing falls.

FULLY SUPERVISED

A hallmark of the ONERO® program is the requirement for close supervision by trained professionals.

Only coaches with the appropriate clinical and exercise expertise are permitted to deliver ONERO® to clients living with osteoporosis.

ONGOING RESEARCH

Along with bone density testing, we build in a number of simple functional tests before beginning ONERO® to facilitate a comprehensive assessment of efficacy.

These tests form part of a vital strategy to track the real-world safety and effectiveness of the ONERO® program in the global research program in progress at The Bone Clinic.

DISCLAIMER

The ONERO® 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.



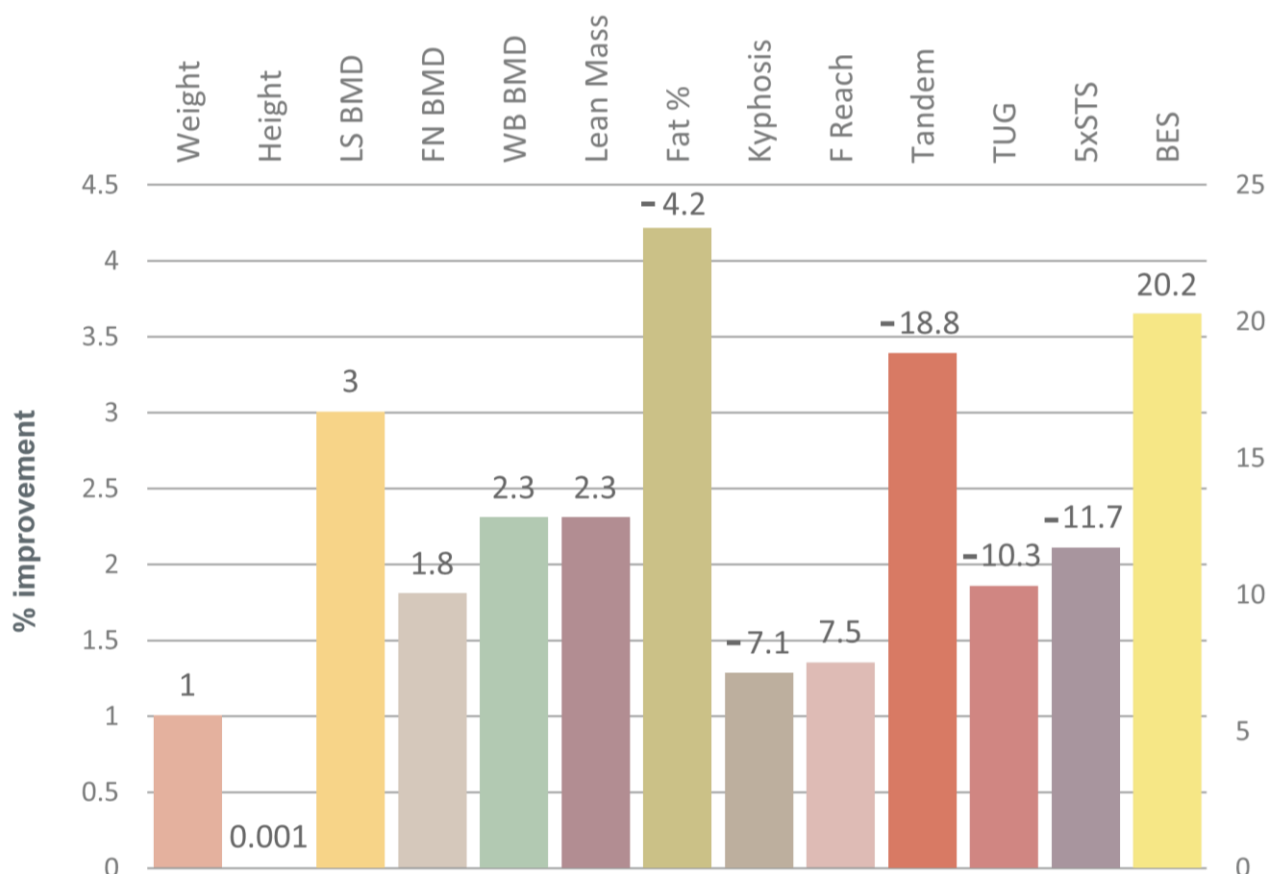


Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density.

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® training (n=415)

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

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