

# Osteoporosis?

Doctor recommends exercise?

But what exercise?

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

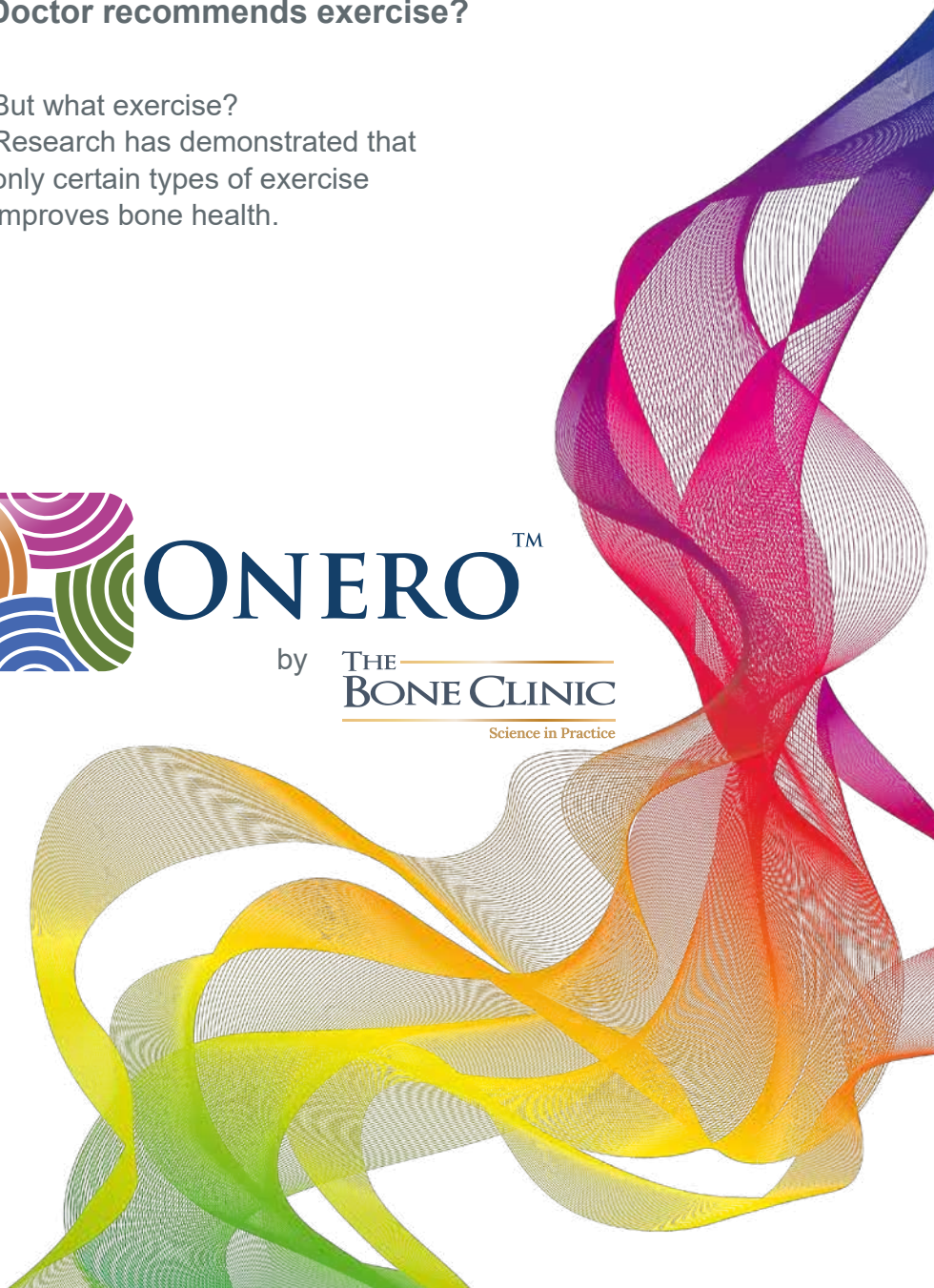


**ONERO**<sup>TM</sup>

by

**THE BONE CLINIC**

Science in Practice



# The award winning evidence-based exercise programme for osteoporosis

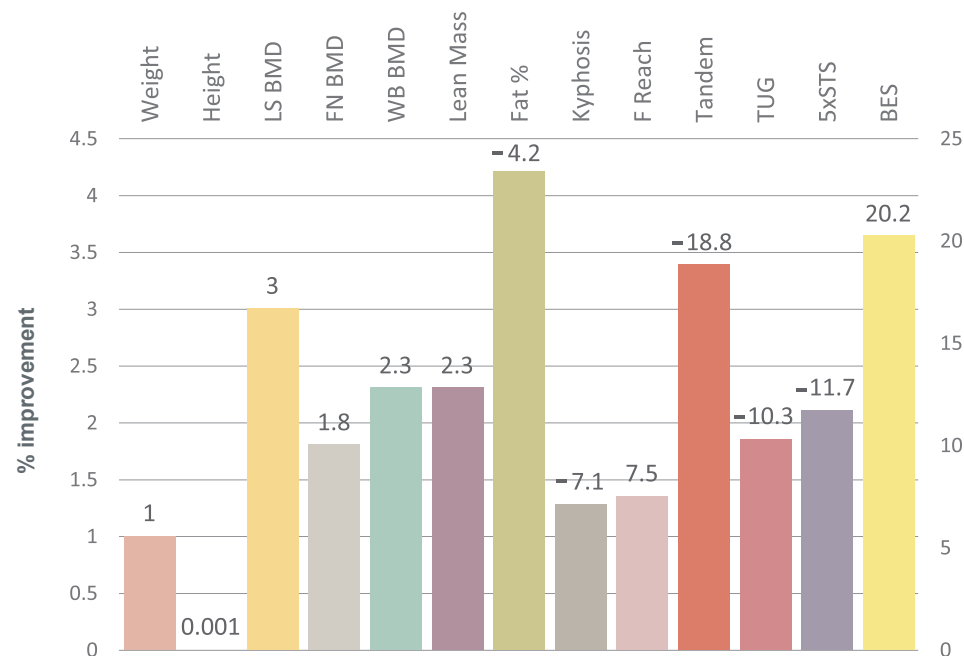


Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density. I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease of life. My bone density improved by 5%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



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

Increased dietary Ca<sup>++</sup> 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

### 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 EXERCISES

The risk of osteoporotic fracture is greatly increased in people who fall. Onero™ 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™ so effectiveness can be monitored. These tests form part of a vital strategy to track real world safety and effectiveness of the Onero™ program in the larger research program underway at The Bone Clinic.

### FULLY SUPERVISED

The safety of the Onero™ 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™ 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™ to people living with osteoporosis.

### 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.



## References

1. Watson SL, Weeks BK, ... Beck BR: High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women with Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial. *JBMR* 33(2):211-220, 2018
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
4. Harding AT, Weeks BK, ... Beck BR: Effects of supervised high-intensity resistance and impact training or machine-based isometric training on bone geometry and strength in middle-aged and older men with low bone mass: The LIFTMOR-M semi-randomized controlled trial. *Bone* 136:115362, 2020
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7. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: High-Intensity Exercise and Geometric Indices of Hip Bone Strength in Postmenopausal Women on or off Bone Medication: The MEDEX-OP Randomised Controlled Trial. *Calcified Tiss Int Online* First 13/6/22, DOI: 10.1007/s00223-022-00991-z
8. Beck BR: Exercise prescription for osteoporosis: Back to Basics. *Perspectives for Progress ESSR*, 50(2):57-64, 2022



## Licensed ONERO Practice



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# ACCREDITED PROFESSIONAL DEVELOPMENT



The ESSA Professional Development Committee certifies that this Professional Development offering meets the criteria for 6 Continuing Professional Development (CPD) Points.

### 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 (™) 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 (™) 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.