



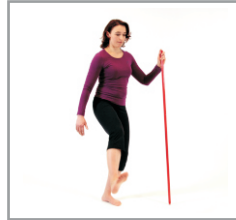
**PhysioTools**

# Fracture Prevention

Modules

PX59

With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.



Exercise and health professionals doing practical work need concrete evidence-based precision advice to support patient guidance. Using this material a professional can put together different levels of training programs for developing balance, muscle strength and the bones. This exercise program has been developed for helping in the prevention of fractures in people over the age of 65, and its effectiveness is scientifically proven, specifically in the prevention of hip fractures. The program is designed as a tool and stimulus for physiotherapists and other physical activity and health-care professionals leading exercises for elderly people.

The aim of the exercises is to develop balance when standing or moving, improve lower limb muscle strength, develop movement certitude and to prevent fractures as a result of falling. The exercises are simple to perform and do not required any complicated equipment. Exercises for both beginners and advanced are included. Some exercises are based on the exercise dose used in studies.

Includes evidence-based exercises.

### The content of this module can be sorted as follows:

**Sort 1:** Stretching, Strengthening, Balance, Impact Exercise, Product Information, Moves, Pendulum, Weight Shift, Reaching, Marching, Running, Jumping, Evidence/Reference, Preface, Author.

**Sort 2:** Calf mm, Hip Flexor mm, Quadriceps, Hamstring, Push Up, Squat, Cross Step, Knee Lifts, Toe Point, Heel Taps, Leg Lift, Ankle

**Sort 3:** Beginner, Advanced, Info.

**Oulu Deaconess Institute**  
Department of Sports and Exercise Medicine  
www.odt.fi

A research group with multi-disciplinary expertise was brought together and carried out the first population-level randomized exercise trial in elderly women showing an increased risk of fractures based on bone density measurements. This study showed for the first time that this kind of exercise had an effect on preventing hip fractures.

The study was conducted by the Oulu Deaconess Institute, Department of Sports and Exercise Medicine, in cooperation with the University of Oulu Institute of Health Sciences and University Hospital of Oulu Neurology Clinic. The exercises and training programs are designed by: Raija Korpelainen, Ph.D., professor of health exercise Satu Siirtola, physiotherapist

## Product Information

- # 116 items
- Photographs
- 92 videos
- 9 protocols
- Evidence-based

**Printout languages:**  
English, Finnish

## Technical Requirements

Available only for PhysioTools Online

Online: Internet Explorer 6 or later, Broadband internet access

## Contact Information

www.physiotools.com  
info@physiotools.com

*Work with the Best*

PhysioTools is the global market leader in exercise prescription software

*Combine individual PhysioTools modules to create your own resource library of exercises and information*

You can place your logo on the left or right side of the handout

# Personal Exercise Program

## Your Organisation Name

Your Address

Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Fracture Prevention

Provided by : Your Name



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Stand up straight.

Leap to the side and then back. The longer the step, the more effective the exercise.

Repeat \_\_\_ times.



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Stand up straight. Support yourself with a cane or wall.

Stand on the leg nearest the support and draw the numbers from 1 to 5 in the air with your other leg. Turn to the other side and repeat with the other leg.

Repeat \_\_\_ times.



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Sit on a chair with the soles of your feet on the floor.

Lift one leg into the air and clap your hands together under the leg. Return the leg to the starting position. Repeat with the other leg.

Repeat \_\_\_ times.



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Sit up straight on a chair.

Soles of your feet are on the floor, hands on your knees. Bend your upper body forwards, sideways, backwards and to the side, making a large circle alternating in both directions.

Repeat \_\_\_ times.