

Good Moves for preventing fractures



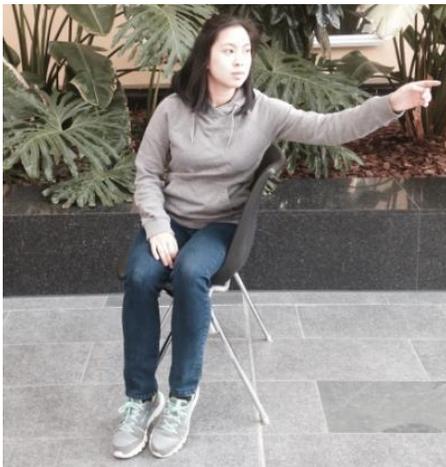
SPINE ROTATION

In spine rotation, the torso rotates around the hips, such as when you are trying to reach something behind you. Since the lower spine faces one direction, while the upper spine is being turned in the opposite direction, this creates tension in the spine (sort of like when you are wringing out a wet towel). Normal spine bones can typically withstand this tension, but osteoporotic spine bones tend to be much weaker and can potentially break during spine rotation.

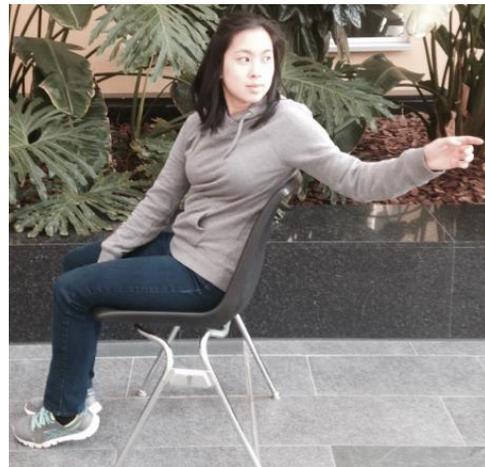
HOW IS SPINE ROTATION DONE SAFELY?

If you have osteoporosis, it is best to completely **avoid spine rotation by picking up your feet to turn around**, like in the picture below. When you don't keep your feet planted, **this allows for the whole body to turn around** and the lower and upper spine to face the same direction. However, sometimes it may not be possible to avoid spine rotation completely; for example, you have to look over your shoulder when backing out of a driveway. In these situations, always remember to 1) turn around slowly and in a controlled way that is not jerky, 2) hold the rotation for only as long as needed, 3) stop the rotation, if you start feeling pain or tension, and 4) keep your spine neutral, as bending forward or backwards can further increase the tension during spine rotation.

YES
✓



NO
✗



WHEN IS SPINE ROTATION TYPICALLY DONE?

Everyday Activities

- Turning behind to talk to someone, look at something, or reach something
- Sitting with a poor posture - with torso rotated

Exercise

- Yoga poses like half-twist, triangle pose, or warrior two pose (in some of these you also need to bend forward, which further increases the tension)
- Lying on the back and doing a spine rotation stretch
- Seated side-to-side rotations to strengthen the abs