

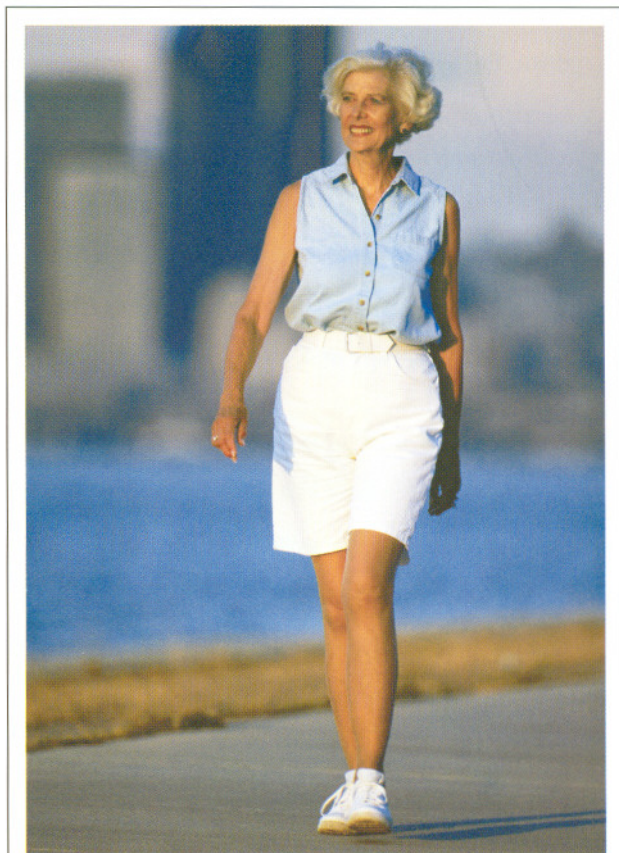


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# A FRAMEWORK FOR FREEDOM

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Misericordia Community Hospital  
**Osteoporosis Program**



**W**elcome to the "Framework for Freedom" program. This program provides a casual setting where you can learn and ask questions about osteoporosis.

Classes are in a group format, with opportunities for sharing and questions following informative lectures. Practice sessions allow you to get helpful tips on how to do exercises specific to osteoporosis, and how to make sure the exercises you do are safe for your body and bones. You'll also learn how to improve your posture. Classes are held on a weekly basis for a total of six weeks. Each class will last between one and two hours.



## PROGRAM GOALS

The goals of this program are to gain an understanding about osteoporosis, prevent fractures and improve posture and strength. You will receive practical information and exercise advice that will help you manage your osteoporosis.

## PROGRAM INSTRUCTORS

Professionals from different departments in the Misericordia Community Hospital participate in this program. **Two registered Physical Therapists** will provide education and information on the basics of exercise and back care for osteoporosis as well as advice on posture correction. **A registered dietician** will outline the role of healthy eating and calcium intake in managing your osteoporosis. **A pharmacist** will review the current information on medications related to osteoporosis.

# INFORMATION SESSIONS

## 1 Session One:

- Information about osteoporosis and how it changes the body
  - Basics of exercising with osteoporosis
  - Do's and don'ts with osteoporosis
  - Tips about how to carry out everyday activities safely
  - Information and practice of correct lifting techniques
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## 2 Session Two:

- Individual posture correction in sitting and standing
  - Demonstration and practice of lower abdominal exercises
  - Demonstration and practice of lower body strengthening exercises
  - Information about fall prevention
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## 3 Session Three:

- Review and practice of session two activities
  - Introduction to upper body strengthening exercises
  - Information on frequency and progression of exercises
  - Exercise precautions
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## 4 Session Four:

- Information on nutrition for osteoporosis provided by dietitian

## 5 Session Five:

- Information on medications for osteoporosis provided by pharmacist
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## 6 Session Six:

- Information about how to start a walking program
  - Review of all exercises
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## Refresher Classes:

- One hour sessions offered to past participants to review exercise program

## ACCESSING THE PROGRAM

Contact the Misericordia Physiotherapy Department at (780) 735-2757 to have your name put on the waiting list.

You will be contacted two to three weeks before the next available program. If you are unable to come to the classes, call us for information on individual treatment sessions.



CARITAS HEALTH GROUP

Misericordia Community Hospital