

Too Fit to Fracture: Managing Osteoporosis through Exercise

Dr. Lora Giangregorio from the University of Waterloo and a group of international experts developed the 'Too Fit to Fracture exercise recommendations' for individuals with osteoporosis or osteoporotic vertebral fracture. The guidelines were published for Osteoporosis International as an e-publication in November 27, 2013.

In June 2014, at the Canadian Physiotherapy Congress, Osteoporosis Canada launched 'Too Fit to Fracture' with an English booklet and an educational series by Dr. Angela Cheung, Dr. Lora Giangregorio and Dr. Judi Laprade.

The 'Too Fit to Fracture' booklet is full of tips, exercises, and safe exercise modifications for people with osteoporosis and/or fragility fractures.

The key message of '**Too Fit to Fracture**' is to design an exercise routine that includes strength training, posture, balance training and weight bearing aerobic physical activity.

These different forms of exercises are needed to maintain muscle strength, improve balance, improve posture and maintain strong bones.

Research indicates that performing challenging balance exercises can reduce falls, especially if performed most days of the week.

Exercise Tips for individuals with osteoporosis

- * Exercise every day!
- * Engage in weight bearing activities daily
- * Perform strength training activities at least 2 days of the week
- * Participate in activities that challenge balance daily
- * Practice good posture and proper position every day

In December 2014, we published the second edition of the 'Too Fit to Fracture' booklet, created a French booklet and a promotional card for distribution at events. A 'Too Fit to Fracture' webpage was then added to Osteoporosis Canada's website and the physical activity section was updated to reflect the new guidelines.

These resources are to help healthcare and fitness professionals design exercise plans for people with osteoporosis and/or fragility fractures, and for individuals to track and monitor their own progress.

Work has begun, in collaboration with the University of Waterloo's research team, on a third edition of 'Too Fit to Fracture'. This edition will incorporate feedback from the Canadian Osteoporosis Network (COPN), healthcare professionals and Waterloo's Knowledge Translation activities.

Stay tuned for Too Fit to Fracture in Winter 2015!

University of Waterloo Too Fit to Fall or Fracture Knowledge Translation and Exchange (KTE) Project & Osteoporosis Canada

In April 2014, Osteoporosis Canada partnered with the University of Waterloo on a KTE research project led by Dr. Lora Giangregorio.

The purpose of this KTE project is to engage knowledge users such as patients, physicians, physiotherapists, kinesiologists and community services providers to identify barriers to, and facilitate implementing current exercise recommendations in practice. Research from this project will inform tools and resources development for the community.

Osteoporosis Canada's Regional Integration Leads have been instrumental in connecting the research group to fitness professionals, primary care providers, specialists and healthcare providers in urban and rural Ontario for this initiative.

From August 2014 to March 2015 we held 26 events, 11 for patients and 15 for healthcare providers in 20 locations across Ontario.

We engaged 551 knowledge users in individual surveys, interviews and focus group discussions.

The University of Waterloo is also translating 'Too Fit to Fracture' research to community partners through Bone Fit™ workshops. The research project is committed to supporting one Bone Fit™ training in each LHIN by April 2016.

At the Bone Fit™ workshops, the University of Waterloo will engage with healthcare providers and community fitness professionals to understand their knowledge of 'Too Fit to Fracture' & Bone Fit™ principles and to identify knowledge gaps.

By training health, fitness and clinical exercise specialists with 'Too Fit to Fracture' Exercise Recommendations through Bone Fit™ we are providing safe exercises for those at risk of falls or fractures.

Resources:

Too Fit to Fracture

www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture

www.osteoporosis.ca/shop/product/too-fit-to-fracture-promo-card/

Bone Fit™

www.bonefit.ca/map-locator/

Exercise section on Osteoporosis Canada's Webpage

www.osteoporosis.ca/osteoporosis-and-you/exercise-for-healthy-bones/