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people thinking that they have only
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exercise. In some cases, many tiny
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exercise. In some cases, many tiny fractures can develop before a person sees a doctor about increasing back pain. The more tiny fractures that accumulate, the greater the deformity of the spine. Karena Thek Lineback has devised a plan to make sure this does not happen to you ...

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increase your bone density after menopause, exercise can improve your balance which will prevent falls; increase your strength and muscle tone which will decrease your risk of fracture if you do fall, and increase your coordination which will also decrease your risk ...

Osteo Pilates - Pilates for Osteoporosis -
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TEXT #1 : Introduction Osteopilates
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Many common Pilates exercises are not safe for people with osteoporosis because of how they bend or apply pressure to the spine. Find out which Pilates moves to avoid and which can help improve ...

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OsteoPilates[®] was written by Karena in 2003 to address the concerns of those with low bone density. Exercise safely with OsteoPilates[®] and learn how you can **Reduce Fracture Risk, Increase Bone Density, and Look and Feel Great!**

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Approximately 20 million Americans have

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low bone density, which is responsible for over 1.5 million fractures, annually costing our nation \$38 million a day. When dealing with osteoporosis, are fractures inevitable? Is osteoporosis a sentence for pain, disfigurement, and life in a ...

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Karena Thek is the author of OsteoPilates, Increase Bone Density, Reduce Fracture Risk, Look and Feel Great! (2003, Career Press) Is Pilates safe for osteoporosis? It can be. If taught with appropriate modifications, Pilates is safe for those with low bone density.

OsteoPilates by Karena Thek (Author of OsteoPilates ...

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OsteoPilates: Best Exercise for Reducing Spine Fracture in Osteoporosis. July 9, 2013 Karena NeuroPilates and

OsteoPilates. This exercise is one used by the Mayo Clinic to study the possibility of reducing spine fracture in those with osteoporosis. The study revealed that exercise can reduce spine fracture in those with low bone density by 300%. The study was published in 2002, and the information is just as important today as it was then.

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