



So you want to do Pilates? and you have Osteoporosis...

ALIGNMENT

AWARENESS

LEG STRENGTH

POSTURE

SPINAL EXTENSION

CORE CONTROL

**WITH LOW BONE DENSITY
AVOID:**



ROUNDED SPINE ABDOMINAL WORK:
Hundred, Rollup, Rolling, Crisscross,
Teaser, Single/Double Leg Stretch,
Neck Pull, Open Leg Rocker



LOADED SPINE FLEXION: Rollover, Corkscrew
Spine Stretch, Jack-Knife, Scissors, Bicycle,
Boomerang, Seal, Crab, Control Balance



DEEP TWISTS: Spine Twist, Corkscrew
Saw, Criss Cross



PRESSURES ON THE RIBCAGE: Rocking, Swan 2/3

**For more information contact:
TheraPilates® Physical Therapy
920-A 41st Avenue
831-476-3100**



So you want to do PILATES for your BONES?



RECOMMENDED MATWORK:



CORE CONTROL



DYNAMIC ALIGNMENT



LEG STRENGTH



SPINAL EXTENSION

