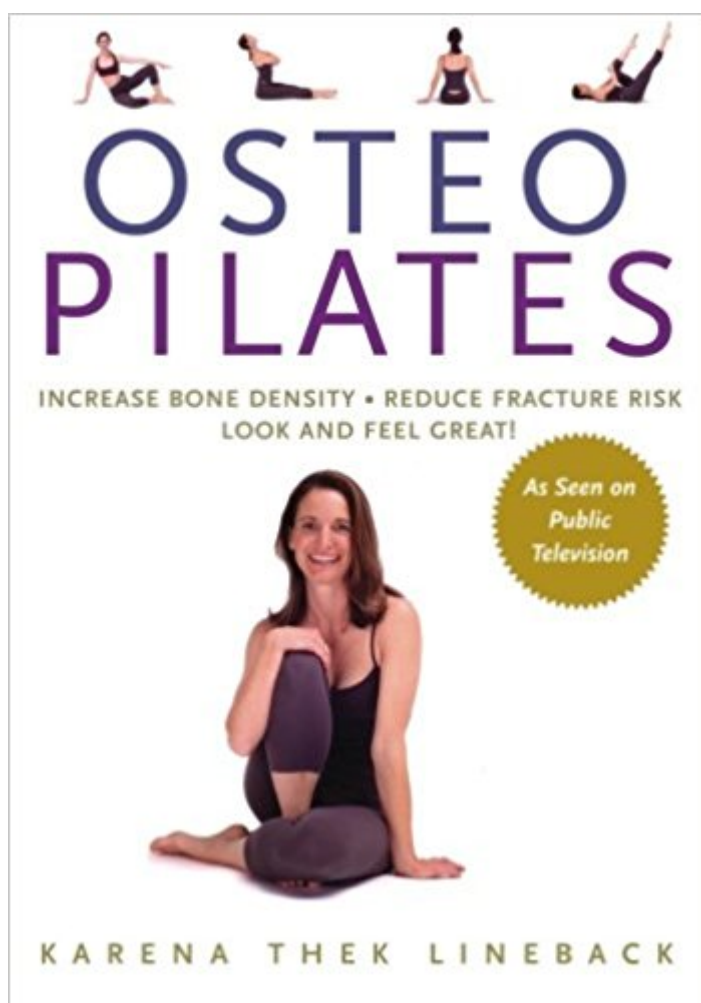


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# Osteopilates: Increase Bone Density, Reduce Fracture Risk, Look And Feel Great



## Synopsis

Fractures that occur during exercise leave most people thinking that they have only strained their backs or overdone an 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. The four-part plan consists of: Safe movement for exercise and everyday living. Postural awareness. Diet. Medication. In this book, you will find safe movement guidelines and an entire exercise program of OsteoPilates designed to be safe for those with osteoporosis, to help you greatly reduce your risk of injury or debilitating fracture. You will also find all the nuts and bolts of osteoporosis information necessary to combat this crippling condition. You'll learn what causes osteoporosis (perhaps you have a habit that is decreasing your bone density right now!), the effect menopause has on bone density, what dietary habits will help improve bone density, and which medications are available for increasing bone density. There is much you can do to prevent osteoporosis and to decrease the negative effects low bone density can have on your life and well-being. OsteoPilates tells you what to do and how to do it.

## Book Information

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Average Customer Review: 4.2 out of 5 stars 20 customer reviews

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## Customer Reviews

Pilates has helped me become stronger and more flexible than I was in my 20s. OsteoPilates will help women everywhere have the same experience, regardless of their starting bone density or health. --Christiane Northrup, MD, author, Women's Bodies, Women's Wisdom and The Wisdom of

## Menopause

Karena Thek Lineback's dedication to improving fitness and health began with a professional dance career. She continues as a certified Pilates fitness and post-rehabilitation specialist. Her studio, Pilates Teck, is located in Santa Clarita, California.

This book is very well-researched and informative. The author takes time before the exercise portion to give information about risk factors for osteoporosis and what an individual can do before it comes or after a diagnosis. After reading this book, you'll know how to complete daily activities in a safe manner, which questions to ask your doctor as well as which tests you may need and what they mean. Having been diagnosed with osteoporosis at a young age, I have worked with several physical therapists after serious fractures. Many of those exercises have put me at risk for more injuries, according to this book. I would rather choose to err on the side of caution and avoid those types of moves from now on. There is some dated info in the book. It advocates milk, but research and studies have shown that your body doesn't absorb much of the calcium in milk. As with any medical or exercise book, take all info with a grain of salt and use your intuition, your own research and work with your trusted health care professionals. This book gives encouragement and hope, advice, and info that you can use immediately to prevent or treat thinning bones.

I am 68-years old, have severe osteoporosis and have had several broken bones. Primarily thanks to this book, I am confident that I can safely begin to start working on my yoga and pilates. It will be a long haul but with the visual instructions (and limitations) given in this book, I am not only comfortable with the program but excited to be finally get my strength and my body back!

good product good price

Book needs to be updated; disregard / skip the chapter on medications for bone health.

This is a very informative book, worth the read, but I gave it only 4 stars because of the exercise section. It has LOTS of excellent exercises, but for some reason, they would start an exercise explanation on the right page, then you have to turn the page to continue with it. You end up with the pointer pictures and the don't-do-this pictures of the previous exercise on the same two page spread as the explanatory photos of the next exercise, which is inconvenient and confusing. Would

it have been SO hard to publish the book with a few more pages to enable each exercise to be on it's own two-page spread, without encroaching on the next exercise? This is a great reference book, but they need to make the exercise section more 'user-friendly'.

The charts were difficult to figure out. I could not place my own T-scores on the chart with any sense at all. I showed the book to pilates instructors as well as doctors without making sense of the chart. I have been doing pilates for 3 years and the modified versions of the exercises did not make me feel that I was getting a good workout.

I am following this exercise regime and find it very good.

Very informative. The exercises have been very helpful.

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