

Osteoporosis Injury Prevention

Here are tips to help you through your daily activities more safely and thoroughly. Putting these tips into practice can help decrease your risk of fractures or other injuries.

Remember these basics:

- Plan ahead. Modify your actions or surroundings to avoid straining your back or falling.
- Maintain good posture.
- When using a cane or walker, use it correctly and consistently.
- If you have fallen, do not attempt to get up too quickly—and check first to make sure that you are not injured.
- Remain as active as possible. Seek an appropriate weight-bearing exercise or walking program if needed to increase strength, flexibility, or balance.

Try to be aware of your posture at all times

- Keep your chest lifted, your head back over your shoulders, and your shoulders over your hips.
- Bend at the hips and knees, not through your back.
- When sitting, maintain good support behind your lower back.
- Sit in chairs that are supportive and sturdy, not soft or low.
- When lying down, keep your back straight.

Safety around the house

- Keep nightlights and flashlights near your bed, in hallways, in the bathroom, and in any other area you may need to walk in at night.
- Rugs should be secured in place with double-stick tape.
- Keep clutter and cords out of walkways.
- On stairways, always use the railing.
- Make sure a light is turned on before you go up or down steps, and that the stairway is well lit.
- Do not let pets walk too closely around your feet.
- Wear low-heeled, supportive, and secure shoes with rubber soles.
- Do not try to move heavy furniture yourself.
- Do not attempt to open a window or door that is heavy or stuck.
- During all activity, keep your head and shoulders back over your hips. To bend, keep your back straight while bending at the hips and knees.

- When vacuuming, sweeping, or raking, move with the activity by bending forward and back rather than standing in one place.

Bedroom safety

- Roll to your side before sitting up on the edge of your bed.
- Sit down or lie down on your back to get dressed.
- When putting on a shoe, bring your foot up across the opposite knee.
- When making the bed, bend from the hips and knees. Pull up one layer of bedding at a time to avoid back strain, and tuck the covers under while kneeling.

Bathroom safety

- Have solid grab bars installed at the toilet and the tub/shower to prevent slipping and falling.
- Getting in and out of the tub or sitting in a tub may injure your back. Use a bath bench and handheld showerhead or take a shower instead.
- To brush your teeth, rest one hand at the back of the sink while keeping your back straight, hips bent, and knees braced against the cabinet.
- When applying makeup or working with your hair, use a mirror that can be pulled out toward you.

Kitchen safety

- When working at the counter, lean your abdomen against the edge, or rest one foot on a shelf.
- Break up your activities so you are not standing for long periods of time.
- Keep frequently used items between eye level and hip height.
- When getting objects in and out of the oven or dishwasher, be sure to sit or stand to the side, rather than leaning forward over the door.

Garden safety

- Do not bend over. Stand erect, kneel, or work on your hands and knees.
- Maintain good posture.
- Elevate your activities by using raised beds or planters.
- Select long-handled and lightweight tools.

This information is not a substitute for talking with your doctor. Be sure to discuss any medical issues or questions with your doctor.

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