

## Exercise Checkpoints for Bone Safety

Checkpoint	Question	List all relevant incidents/examples	Consider:
<b>Unsafe Transitions</b>	Where in the exercise routine is there an unsafe bend, twist, or side bend?	(e.g., sit→stand; retrieving weights or theraband from rack/floor; stretching components)	<b>What is the safe alternative or correction?</b>
<b>Alignment</b>	When incorporating strengthening components for the upper extremities, is spinal alignment encouraged or reinforced?		<b>How can this be improved?</b>
<b>Incorporating Weight Bearing</b>	How much of the exercise routine includes lower extremity weight bearing?		<b>Does this need to be increased? Does there need to be more/ variation?</b>
	What components of the current routine encourage weight bearing through arms? (wrists in particular)		<b>How can this be added in safely?</b>

Checkpoint	Question	List all relevant incidents/examples	Consider:
<p><b>Multi-component Exercise programming</b></p>	<p>Does the current exercise routine incorporate:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aerobic work</li> <li><input type="checkbox"/> Resistance training</li> <li><input type="checkbox"/> Endurance training (postural muscles)</li> <li><input type="checkbox"/> Balance/agility activities</li> <li><input type="checkbox"/> Postural/alignment reinforcement</li> <li><input type="checkbox"/> Functional exercises</li> </ul>		<p><b>How can this be improved or maintained?</b></p>
<p><b>Safe “Core” Exercises</b></p>	<p>List all the current exercises that are included to target the “core” or abdominal muscles.</p>		<p><b>Are these safe? How will you adapt them?</b></p>

Component of Exercise	Guideline	Current Inclusion in Exercise Routines	Strategies to Adapt/Improve
<b>Balance</b>	2 hours per week cumulative (10-15 mins daily)		
<b>Aerobic Component</b>	150-300 mins accumulated weekly  (Remember: any client with identified balance issues should not engage in brisk walking activities)		
<b>Strengthening</b>	Twice weekly; 2 sets of 1 exercise for each major muscle group; 8-12 reps  Choose exercises aimed at increasing strength in functional movements		
	Exercises targeting postural muscles highly recommended at low intensity, high repetitions (endurance prescription)		