

# 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

NOF.org



**For more information contact:  
National Osteoporosis Foundation  
NOF.org  
1(800) 231-4222**



# So you want to do PILATES for your BONES?

## RECOMMENDED MATWORK:



CORE CONTROL



DYNAMIC ALIGNMENT



LEG STRENGTH



SPINAL EXTENSION



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