

Hemträning 3 ggr/v under 1 år minskade progress av rygghypos



A



B



C



D



E



F



G



H



I

Nio övningar x 5-10 ggr/tillfälle



J

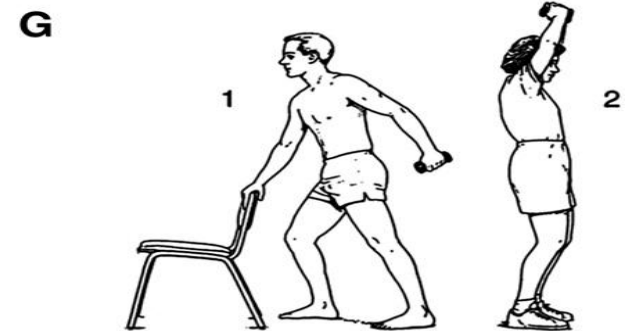
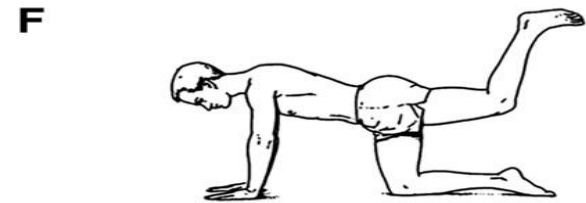
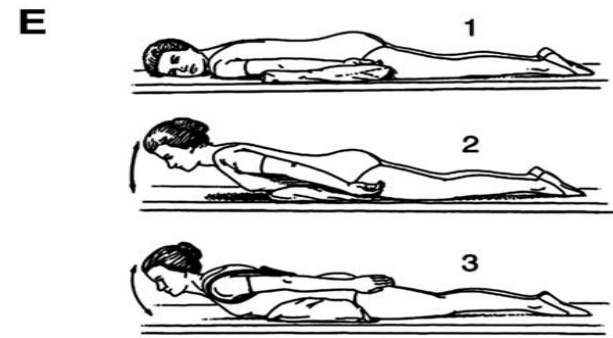


K



L

Ball et al. Spinal extension exercises prevent natural progression of kyphosis. Osteoporos Int 2009:20:481-9



Sinaki M. Exercise for patients with osteoporosis: management of vertebral compression fractures and trunk strengthening for fall prevention. *PM & R* 2012;4:882-8.

Hemövningar vid osteoporos





Ryggresningar 10 ggr/dag, 5 dagar/vecka

Hemövningar för balans

