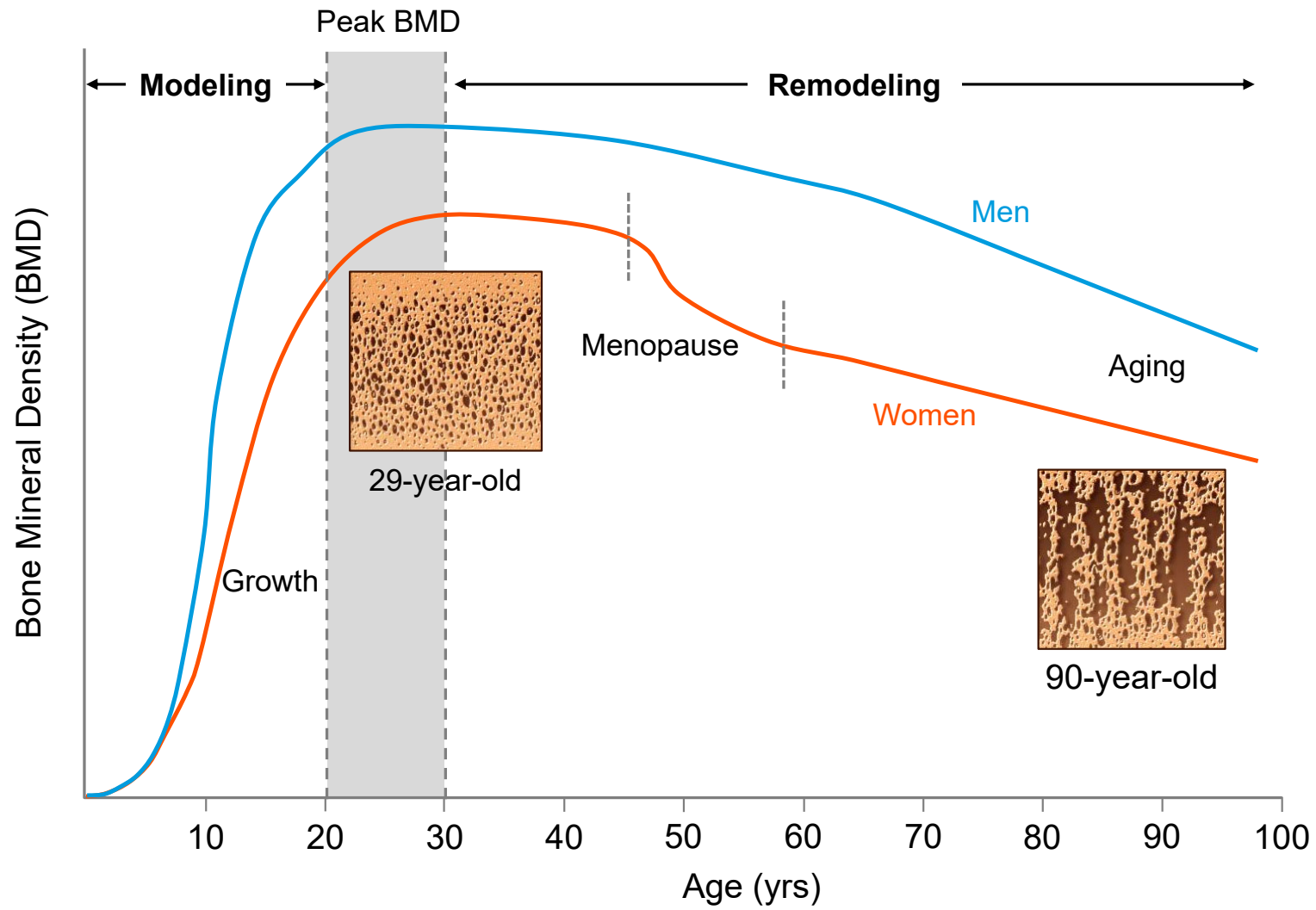
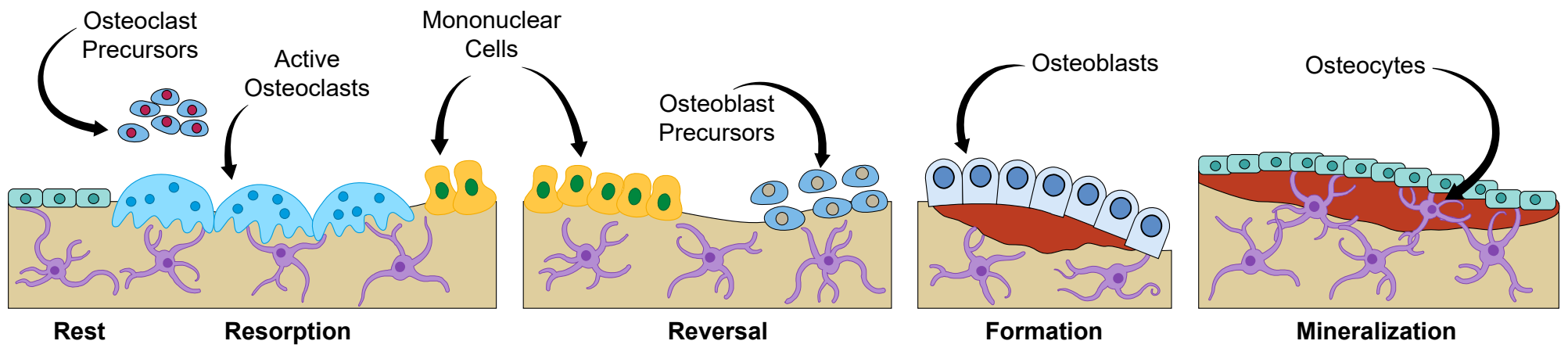




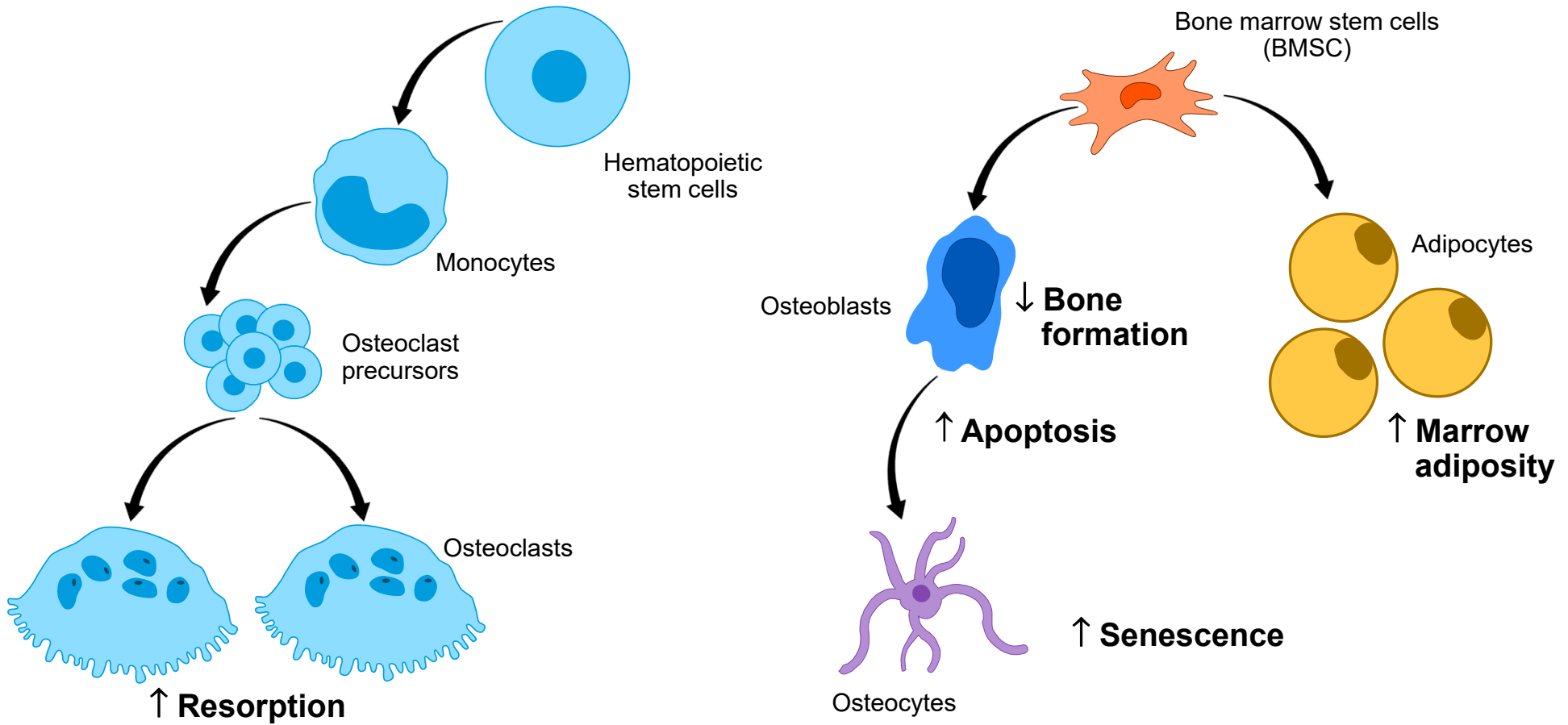
200 First Street SW  
Rochester, MN 55905  
(507) 284-3335  
**Scientific Publications**





# SKELETAL AGING

## Hallmarks



**Table 1: Mayo Clinic Osteoporosis Exercise Chart**

<p>Low Intensity Exercises</p> <ol style="list-style-type: none"><li>1. Walking and standing posture:<ol style="list-style-type: none"><li>a. Walking purpose: To strengthen legs and heart and improve balance.</li><li>b. Standing posture purpose: To learn to stand properly which will improve posture</li></ol></li><li>2. Wall arch: to stretch shoulders and calves and tone the back and abdomen</li><li>3. Chin tuck: to help straighten head and shoulders</li><li>4. Chest stretch: to stretch chest and improved back posture</li><li>5. Upper back extension: to stretch chest, strengthen upper back muscles and improve back posture</li><li>6. Pelvic tilt: to strengthen lower back and abdominal muscles</li><li>7. Back and shoulder stretch: to stretch upper back and shoulders</li></ol>
<p>Moderate Intensity Exercises</p> <ol style="list-style-type: none"><li>8. Back posture exercise: To flatten upper back, stretch chest and improved posture</li><li>9. Sitting stretch: To stretch calf and thigh muscles and improve muscle tone of legs</li><li>10. Calf <u>stretch</u>: To stretch back of thighs and calf muscles, improved posture and stretch heel cords</li><li>11. Upper back lift: To strengthen back muscles</li><li>12. Abdomen strengthening: To strengthen abdomen</li><li>13. Shoulders strengthening: To help strengthen shoulder and back muscles</li><li>14. Spine and hip exercise: To strength in arms spine and hips and improve muscle tone</li></ol>
<p><sup>a</sup>Type, intensity, and frequency of the exercises are individualized by the treating physician or physical therapist.</p>
<p><sup>b</sup>Modified from Mayo Clinic Osteoporosis Exercise Chart, Mehrsheed Sinaki, Stephen Hodgson, patient education booklet MIC200054. Used with permission of Mayo Foundation for Medical Education and Research. All rights reserved.</p>