

Yoga suggestions for osteoporosis

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Position	Do	Do Not
General	Focus on good posture - lengthen the spine - ears over shoulders, shoulders over hips, hips over knees	Flexion of the spine - do not round spine forward.
	Work on strengthening the core SAFELY - see below	When twisting don't hold on to the body.
	Use modifications in yoga practice and in life	
	Generally, supine positions support the spine best for stretching hamstrings	
Standing Poses	Forward fold with a straight spine - only to about half way. Blocks are useful.	Forward fold with a rounded spine.
	Bend you knees slightly in many poses to extend spine.	
	Balance poses with a wall or chair nearby.	
	Balance poses are great for body awareness: Tree, Warrior 3, Half Moon	
	Standing poses are good for weight bearing: Warrior 2, Triangle, Mountain.	Warrior 1 puts too much torque on bones and knees. Revolved triangle is too deep a twist
	Heal drops are good for building bone due to impact	
		Standing cat cow
On hands and knees/feet	Child's pose with legs apart to extend spine	Child's pose with knees together with rounded spine.
	Choose a modification for pigeon pose - either figure 4 on back or an S sit	Pigeon pose if osteoporosis is in the hip.
	Plank with long extended spine on forearms or hands and toes or knees.	Plank are not recommended if you have a kyphotic spine (hunched)
	Downward facing dog with a long extended spine - bend the knees to ensure the spine stays long. Alternatively, use a chair , the wall or a countertop for a "half" dog.	Downward facing dog with a rounded spine. Down dog is not recommended if you have a kyphotic spine (hunched)
	Bird dog is a good core strengthener	Do not crunch elbow to knee.
	Cat Cow - go easy on the "cat". Instead do tabletop to cow.	

Seated	Twists with only muscular effort	Twists with added pressure of holding knee or chair
	Sit on a blanket or block to keep spine extended	Sit with a rounded spine. Avoid seated cat cow.
	Practice pulling head back with level chin	Avoided bringing your head forward.
	Always extend spine - use a strap, bend knees, put blocks or blanket under knees.	Forward fold with a rounded spine.
On back (supine)	Make sure entire spine is on floor.	Do not do crunches.
	Gentle twists with no added pressure	Add pressure to your twist
	Legs up the wall or use a strap for legs in the air.	Shoulder stand or plow pose - they put too much pressure on spine
	Happy baby or knees to chest if you can do it with entire spine on floor	Happy baby or knees to chest with a rounded spine.
On belly	Cobra, locust, up dog strengthen the core	

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