

CACTUS

CHIROPRACTIC

Lifestyle Centre

OSTEOPOROSIS

EXPLAINED:

**Why active people get
it and what actually
helps**



What is Osteoporosis

Osteoporosis is a condition where bones become thinner and weaker, increasing the risk of fractures.

Osteopenia is the earliest stage, characterised by lower bone density than normal but not yet in the osteoporosis range.

Osteoporosis often develops slowly and without pain. Many people only discover it after:

- a bone density scan
- a fracture from a minor fall

Here's the good news!

*Bones Are Living Tissue
and*

You can Make Improvements!

What is Osteoporosis

How Do You Do That?

Your bones constantly renew themselves.

There are specialised cells that build new bone, and other cells that clear out old bone to make room for new bone or to get rid of damaged bone.

There are also specialised cells that detect the bone environment and communicate with the brain and nervous system to regulate bone health.

- Osteoblasts build bone
- Osteoclasts remove bone

Your skeleton renews roughly every 7-10 years.

Osteoporosis develops when bone breakdown occurs faster than bone rebuilding.

How Did I get Osteoporosis

Usually, osteoporosis is caused by multiple factors:

- ageing
- family history
- reduced activity
- low protein intake
- vitamin D deficiency
- hormonal changes
- smoking
- alcohol
- thyroid disease
- some medications

Most patients recognise several of these.



Our Approach at Cactus Chiropractic Lifestyle Centre



We are not treating osteoporosis itself.
Our focus is helping your body maintain the ingredients
needed for healthy bone while reducing fracture risk.

This includes:

- ✓ supporting nutrition
- ✓ improving movement
- ✓ increasing strength
- ✓ improving balance
- ✓ reducing fall risk

Because many fractures happen from preventable falls.

The Importance of Protein

Bone is not just calcium.

Nearly half of bone structure is protein matrix.

Low protein intake is linked to:

- faster bone loss
- muscle weakness
- higher fall risk



Protein Target

Aim for:

1.0–1.2 grams per kg body weight daily

Example:

70 kg adult → 70–84 g/day



Meal Target

Aim for:

20–30 g protein per main meal.

Spread across the day.

Easy Protein Foods

Eggs

Greek yogurt

Fish

Chicken

Cottage cheese

Sardines

Protein smoothies

Minerals for Strong Bones

Calcium

Provides bone hardness.

Most adults over 50 need about:

1,200 mg daily

Sources:

- dairy
- tofu
- leafy greens
- fortified milks
- sardines

Magnesium

Helps regulate calcium, activate Vitamin D and support bone structure

Sources:

- pumpkin seeds
- almonds
- leafy greens
- whole grains

Additional Supportive Minerals

Zinc → bone repair

Phosphorus → structural partner

Copper & manganese → collagen support

Vitamins

Vitamin D

Allows calcium absorption.

Sources:

- sun exposure
- fatty fish
- eggs
- fortified foods

Many older adults may need supplementation depending on blood levels.



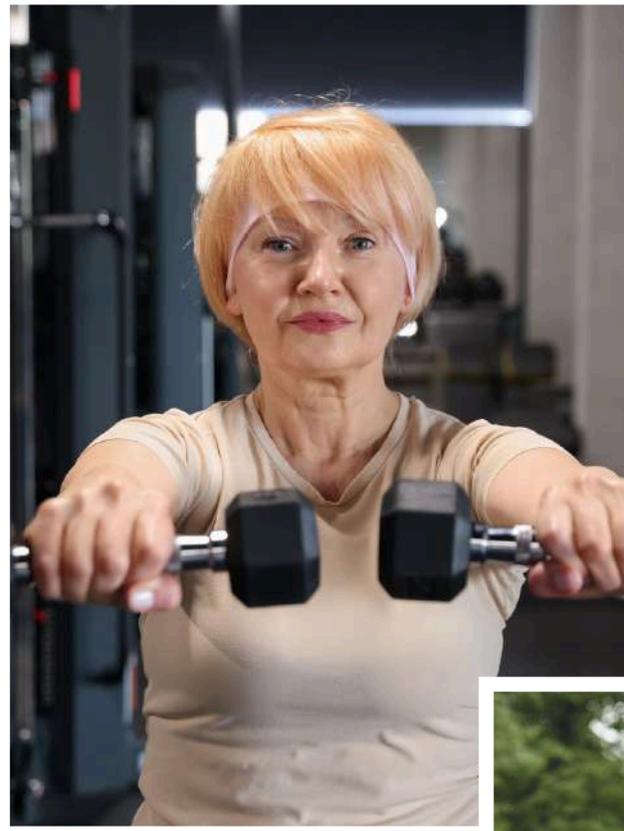
Vitamin K2

Helps direct calcium into bone.

Sources:

- fermented foods
- some cheeses
- egg yolks

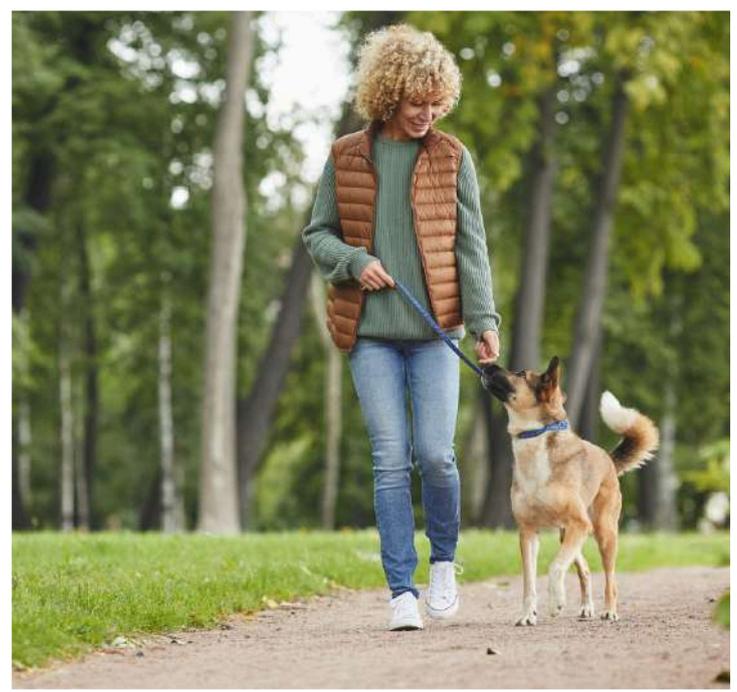
Exercises For Bones



Bones strengthen when they are loaded.

Best activities:

- ✓ walking
- ✓ resistance training
- ✓ sit-to-stand
- ✓ stairs
- ✓ light weights



Swimming and cycling are excellent for fitness but do not strongly stimulate bone growth.

Fall Prevention Chain

Why Falls Matter More Than Bone Density Alone

Many fractures happen not just because bones are weaker but because a fall occurred.

Reducing fall risk is one of the most powerful ways to protect bone health.

The Fall Prevention Chain



Quick Self Check :

I don't do resistance training

I take medications that make me dizzy

I have neck or back stiffness limiting movement

I struggle standing on one leg for 10 seconds

I avoid stairs

I've had a fall in the past 12 months

I feel unsteady in the dark

I stumble forward when getting up from a chair

If you have ticked more than two boxes you are a higher fall risk

IMPROVE BALANCE DAILY (2-5 min)

Simple drills:

Stand on one leg (hold bench)

Heel-to-toe walk down hallway

Slow marching in place

Turn your head side-to-side while standing

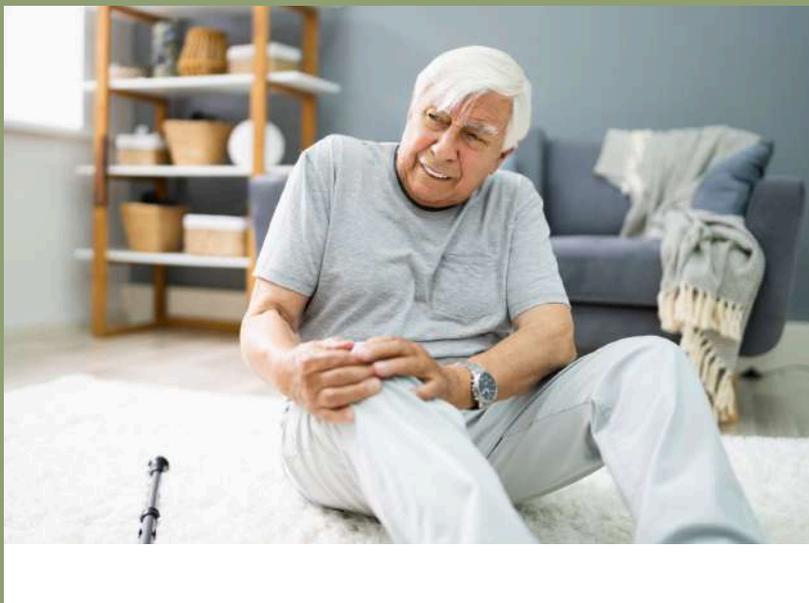
Remove Home Hazards

Creating a safer home environment is one of the simplest and most effective ways to reduce the risk of falls.

Small changes can make a significant difference, especially in areas such as bedrooms, bathrooms and hallways where slips are more likely to occur.

Consider :

- ✓ Removing loose rugs
- ✓ Improving lighting
- ✓ Installing night lights
- ✓ Covering or securing cords
- ✓ Wearing supportive shoes (not soft slippers)
- ✓ Adding bathroom grab bars if needed



A few thoughtful adjustments can greatly reduce fall risk while helping maintain independence and confidence at home.



Chiropractic care does not treat osteoporosis itself.

However, it may help support:

- ✓ reduction of joint and spinal pain
- ✓ improved joint range of motion
- ✓ improved posture and movement patterns
- ✓ improved comfort with walking and activity
- ✓ improved coordination and body awareness in some patients

Improving comfort and mobility can help people stay more active, supporting strength, balance, and fall prevention.

Some research suggests chiropractic care may improve aspects of sensorimotor function related to balance, though further research is ongoing.

Where Chiropractic Care May Help

Daily Bone Checklist

Did I Today :

Eat enough protein

Magnesium

Vitamin K2

Eat calcium foods

Get safe sunlight / Vitamin D3

Stay active - stairs, bouncing

Resistance training: squats, wall push-ups etc - 3days

Walking 30 mins every day

Omega -3 EPA/DHA

Practice balance

Consistency matters more than perfection.



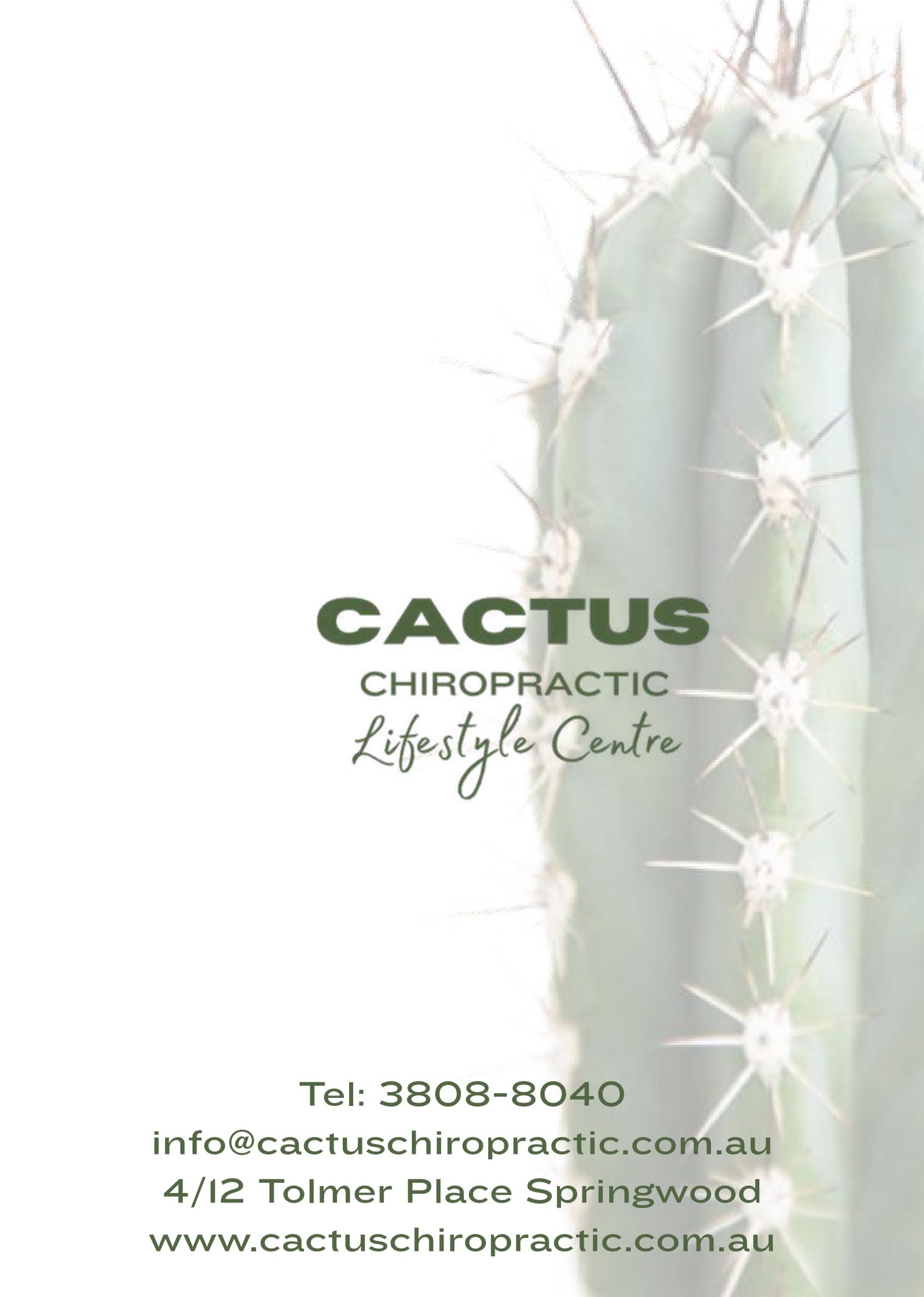
**Bone health changes
slowly.**

**Improvement also happens
slowly.**

**But consistent nutrition,
resistance exercise and
fall prevention can make a**

Meaningful Difference

over time.



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