



GNH Osteoporosis Programs

In-Person Classes

In-person Osteoporosis classes are available through the Grey Nuns Hospital Physiotherapy Department. This class provides an opportunity for participants to gain a better understanding of Osteoporosis, learn information to help prevent fractures, improve posture and strength. Participants will receive practical information, exercise advice with hands-on guidance as well as information on safe daily activities.

Specific course content includes:

- Osteoporosis and its effect on the body
- Back care:
 - How to safely carry out everyday tasks
 - Types of lifts and correct lifting techniques
- Fall prevention and home safety recommendations
- Fitness guidelines, including aerobic and strengthening exercises
 - How to start and progress a walking program
 - Balance activities
 - Tips on how to exercise safely
 - How to start and progress a strengthening program

Practical sessions cover:

- Correct posture
- Lifting techniques
- Gentle spinal decompression exercises
- Flexibility exercises
- Activities to improve balance
- Upper and lower body strengthening

The program includes 90-minute classes for 3 weeks. Each class includes an educational component as well as an active exercise component. Participants have time during class to practice and receive individual feedback from the instructor.

Virtual Exercise Classes

Following completion of this 3 week class participants will be given the option to participate in a weekly virtual exercise class. This class is provided via Zoom and runs on an ongoing weekly basis. Each session includes a variety of exercises for strengthening the upper and lower body, core and back extensor muscles.

Referral Criteria

- Potential registrants must
 - Be a resident of Alberta
 - Have a diagnosed Osteoporotic condition (confirmed by a bone density test; FRAX; other) indicated on a physician's prescription or available in NetCare.

Registration Information

- Referrals can be sent by fax to 780-735-7039, through Connect Care, or can be phoned in to 780-735-7161.
- Patients may self refer, with confirmation of osteoporosis diagnosis available in NetCare, or with a submitted copy of a bone mineral density test.

If you have questions, please contact the GNH Department of Rehab Medicine at 780-735-7161.