

The award winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that Onero™, supervised, bone-targeted high intensity resistance and impact training, reduces osteoporotic fracture risk in postmenopausal women and older men with low to very low bone mass [1-8].

The evidence-based Onero™ program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised [1-8].

INCLUDES FALL PREVENTION EXERCISES

The risk of osteoporotic fracture is greatly increased in people who fall. Onero™ training includes exercises to improve balance and thereby reduces osteoporotic fracture risk both by improving bone and reducing falls.

FUNCTIONAL ASSESSMENTS

We recommend a number of simple functional assessments before beginning Onero™ so effectiveness can be monitored. These tests form part of a vital strategy to track real world safety and effectiveness of the Onero™ program in the larger research program underway at The Bone Clinic.

FULLY SUPERVISED

The safety of the Onero™ program depends on clinical assessment to recognise co-existing conditions so that the program can be implemented without risk of injury or exacerbation of existing conditions.

A hallmark of the Onero™ program is a requirement for close supervision by allied health professionals.

Only coaches with the appropriate clinical training and expertise are permitted to deliver Onero™ to people living with osteoporosis.

DISCLAIMER

The Onero™ program is designed to improve osteoporosis or osteopenia but consultation with a primary care provider and/or specialist is recommended to understand all treatment options.

