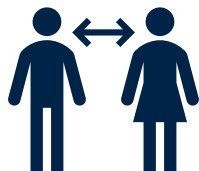




Telehealth for **F**alls and **F**racture
Prevention **I**mplementation Trial



Dr Jenny Gianoudis

speaking with

Professor Robin Daly

Client Instructional Video



Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

Understanding your TeleFFiT
STRAIGHT Exercises



KEY EXERCISE COMPONENTS



Exercise to optimize bone and muscle strength



Exercise to improve mobility and reduce falls risk



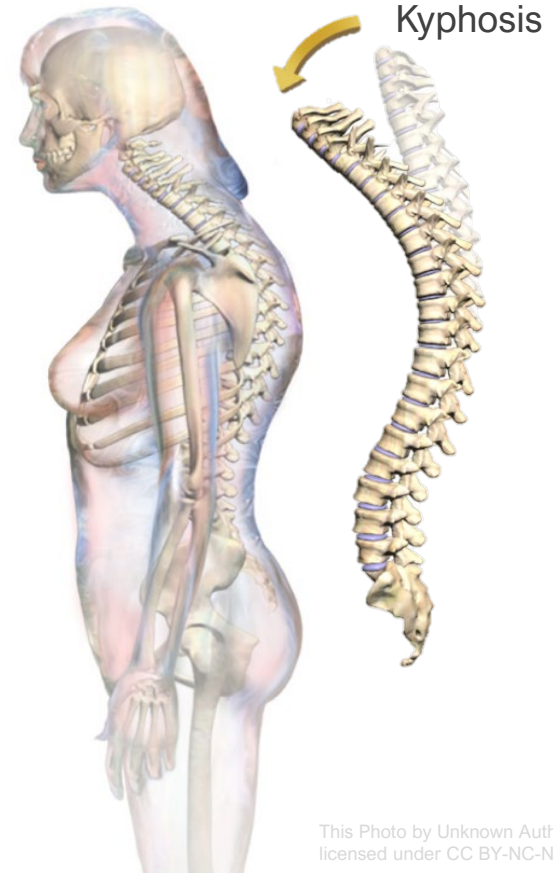
Exercise to improve posture and protect the spine



Daily weight-bearing “activity snacks” to load bones

Spine-Caring Approach

- People with osteoporosis or a history of spinal fractures have reduced back muscle strength and endurance.
- Back and core muscles are critical to maintain posture and support the spine during movement.
- Kyphosis (forward rounding of back) can place increased stress on the spine that may increase fracture risk.



This Photo by Unknown Author is licensed under CC BY-NC-ND

STRAIGHT: *Exercise Prescription*



Goals of the STRAIGHT exercises

To improve **back** and **trunk** muscle strength, endurance and **posture** as well as **shoulder** range of motion

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>



Four point kneeling with arms & legs



Spinal extensor (thoracic push)



Back extensions



Scapular retraction



Shoulder flexion

STRAIGHT: Training Dose



Four point kneeling with arms & legs



Spinal extensor (thoracic push)



Back extensions



Scapular retraction

2 sets
of 10-20
reps

TELEHAB
EXERCISE PRESCRIPTION APP

Dose – How Much?

- You will be prescribed at least **one STRAIGHT** exercise per session (plus some STRAIGHT exercises will be included as part of STRONG training).
- You will complete each exercise **twice (2 sets)** and performed between **10 to 20 reps** (higher repetitions if the aim is to improve muscle endurance).

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>



STRAIGHT

How Challenging?

Rating or Perceived Exertion (RPE)

How difficult was this exercise to complete?

How difficult was this exercise was complete?	
0	Nothing at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard

Optus AU 11:37 am 69%

Squat on a foam pad (exercise band, arms...

How would you rate your pain out of 10?

Please scroll to select pain level

0/10 - No pain at all

1/10

How difficult was this exercise to complete?

4 - Somewhat hard

5 - Hard

6

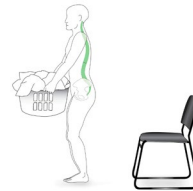
Exercise Summary

TELEHAB
EXERCISE PRESCRIPTION APP

Safety Tips & Precautions



- Minimise **rapid, repetitive, weighted** and **extreme flexion** or **twisting** of the spine.
- Take care (or avoid) **lifting** weighted objects **from or lowering them to the floor** or **overhead repeatedly**.
- Think straight** when lifting and moving and move in a **smooth** and **controlled** way.



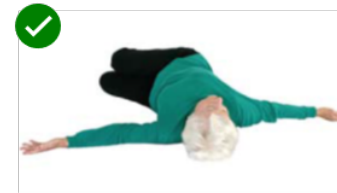
Step and turn



Arm supported



Images from +Physitrack





Consult your **Exercise Physiologist** if you have any questions about your program