

HEALTHY BONE CLASSES

GOT OSTEOPOROSIS OR OSTEOPAENIA?

Then our Healthy Bones classes can help you!

7 weeks of Physio led exercise classes

Monday mornings 10.00am -11.00am

Wednesday afternoons 1.00pm - 2.00pm

Bon Secours Physiotherapy Gym

Cost €140

CALL 091 381932 TO BOOK YOUR PLACE



BON SECOURS HOSPITAL
Renmore, Galway



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BON SECOURS HOSPITAL GALWAY

Advanced Medicine Exceptional Care



HEALTHY BONES CLASSES

Keeping you safe and strong

WHAT ARE HEALTHY BONES?

Healthy bones are full of calcium and other minerals. They're strong but flexible and let you bend, lift, twist and walk safely.

As you get older, the density of your bones decreases. This is known as osteopaenia or osteoporosis, depending on how thin the bones have become. Men and women are affected, but women more so because they are smaller and go through the menopause.

Thin bone is more easily damaged and broken. Breaking a bone, especially your hip bone, is really bad news. 50% of people over 60 who break a hip lose their independence.

AM I AT RISK FOR OSTEOPOROSIS?

Yes, if the following applies:-

- You're female, post menopausal
- There's a strong family history
- You are very light (BMI of <21)
- You've taken steroids for long periods
- Poor diet, low in Calcium, Vitamin D
- You have low fitness and strength

WHAT CAN I DO?

FIRST FIND OUT

Talk to your GP about your risk factors. You may be referred for a DEXA scan for bone density and/or to a Consultant. Medication may be prescribed. You may be advised to start a Bone Health Class.

EXERCISE

Exercise is key in treating osteoporosis. Being active when you're young, especially impact type exercise can build up a good stock of bone. Even in later life exercise reduces the effects of bone loss and help to recover strength and balance so you're less likely to fall and break a bone.

BONE HEALTH CLASSES

Ask your doctor about our Bone Health classes run in the Physiotherapy Gym in the Bon Secours Hospital, Galway. These are group exercise classes designed specifically for people with osteopaenia/osteoporosis. Classes are run by specially trained Chartered Physiotherapists and include:-

- Weightbearing exercises
- Strength exercises for trunk and limbs
- Balance and co-ordination
- Information and discussion about activity levels, falls prevention etc.
- Peer support from others in same situation

BONE HEALTH CLASSES

HOW DO I GET STARTED?

Ask your doctor if you are suitable for the classes. If so, you can contact us directly, or your doctor can send a letter.

WHEN DO THE CLASSES RUN?

Monday 10.00am -11.00am,
Wednesdays 1.00pm - 2.00pm.
Alternative times available if demand is sufficient.

WHAT IS THE COST?

The cost is €140 payable in advance for the 7 classes.

CAN I CLAIM AGAINST MY INSURANCE?

As physiotherapy is covered by most insurers you may be able to claim some or all of the cost against your insurance, depending on your policy.



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