

THE ONERO™ PROGRAM FOR OSTEOPOROSIS PREVENTION AND CARE: **BUILDING STRONGER BONES TOGETHER**



**ONERO IS THE AWARD
WINNING EVIDENCE-BASED
EXERCISE PROGRAM FOR
OSTEOPOROSIS**



Osteoporosis (OP) is common in Australia affecting 66% of us over the age of 50 years. OP occurs when the structure of the bone is compromised and becomes weaker leading to an increased risk of fracturing. The common sites of OP fractures are the spine, hip and wrist often leading to loss of mobility, strength, independence, and even premature death. Osteoporosis usually has no symptoms until a fracture occurs.

ONERO™ is an evidence-based exercise programme designed specifically to prevent osteoporotic fracture by stimulating bone development and preventing falls in at-risk individuals. To benefit your bone strength, the exercises in this program involve weight-bearing resistance training and balance training.

Healthy Bones Australia endorse the exercises included in the ONERO program, run only by Exercise Physiologists or Physios that have been certified to conduct the program at the highest levels of safety and quality. Fortunately for you, Mead Physio and Exercise Right are only one of a handful in Perth that have been accredited to run this program.

BENEFITS OF A SUPERVISED EXERCISE PROGRAM

People with OP represent a higher risk of injury and must have supervision when exercising with loads. The amount, type and dosage of resistance exercise is critical to the effectiveness and safety of your bones. The Royal Australian College of GPs states that those patients with a high vertebral fracture risk should have exercise supervised, personalized and modifiable to minimise the potential for injury. Our Mead Exercise Therapists are trained specifically for this condition and use very specific protocols that are proven in research to be highly effective.

HOW TO GET INVOLVED

To take part in this program, you can be referred by your doctor or you can refer yourself. You will need to book and pay for an initial assessment with an accredited Mead therapist before your program commences.

HOW MUCH DOES IT COST AND WHEN DOES IT RUN?

This program can be funded privately or through a care program. For current pricing options and class schedule, please contact our Admin team using the details below. Enquire about our free, ongoing education sessions on our specialised healthcare programs, including OP!



**VISIT OUR WEBSITE
TO FIND OUT MORE!**



Mead Physio Group

Shop 1/13 Mead Street, Kalamunda WA

Exercise Right & Rehab

Shop 3/14 Mead Street, Kalamunda WA

The Strength Lab

Shop 30 Kalamunda Central | 39 Railway Road

www.meadphysiogroup.com.au