Living with Osteoporosis

Understanding symptoms, treatment and living well

Living with Osteoporosis

A guide to treatment, activity and self-management



Understanding living with osteoporosis

Osteoporosis weakens bones and makes them more likely to break. Living well with osteoporosis means reducing fracture risk, staying active and maintaining independence.

Supporting your wellbeing

With the right advice, exercise and lifestyle choices, many people live full and active lives. Osteoporosis does not mean you should stop moving.

Understanding your condition

Symptoms, contributing factors and practical information

Understanding your bone health

Weaker bones are more vulnerable to fractures. Safe activity, good movement strategies and reducing falls risk help support independence.

Falls prevention at home

- Remove loose rugs and clutter
- Ensure good lighting
- Use handrails on stairs
- Wear supportive footwear

Out and about

Take care on uneven or slippery surfaces. Use walking aids if advised.

Movements to be careful with

- Avoid repeated or forceful bending forward
- Avoid twisting under load
- Use good posture when sitting, standing and lifting
- Bend at the hips and knees rather than the waist

Building confidence

Fear of falling is understandable. Stay informed, ask questions and build confidence through supervised exercise. Healthcare professionals, family and support groups can help.

Key message

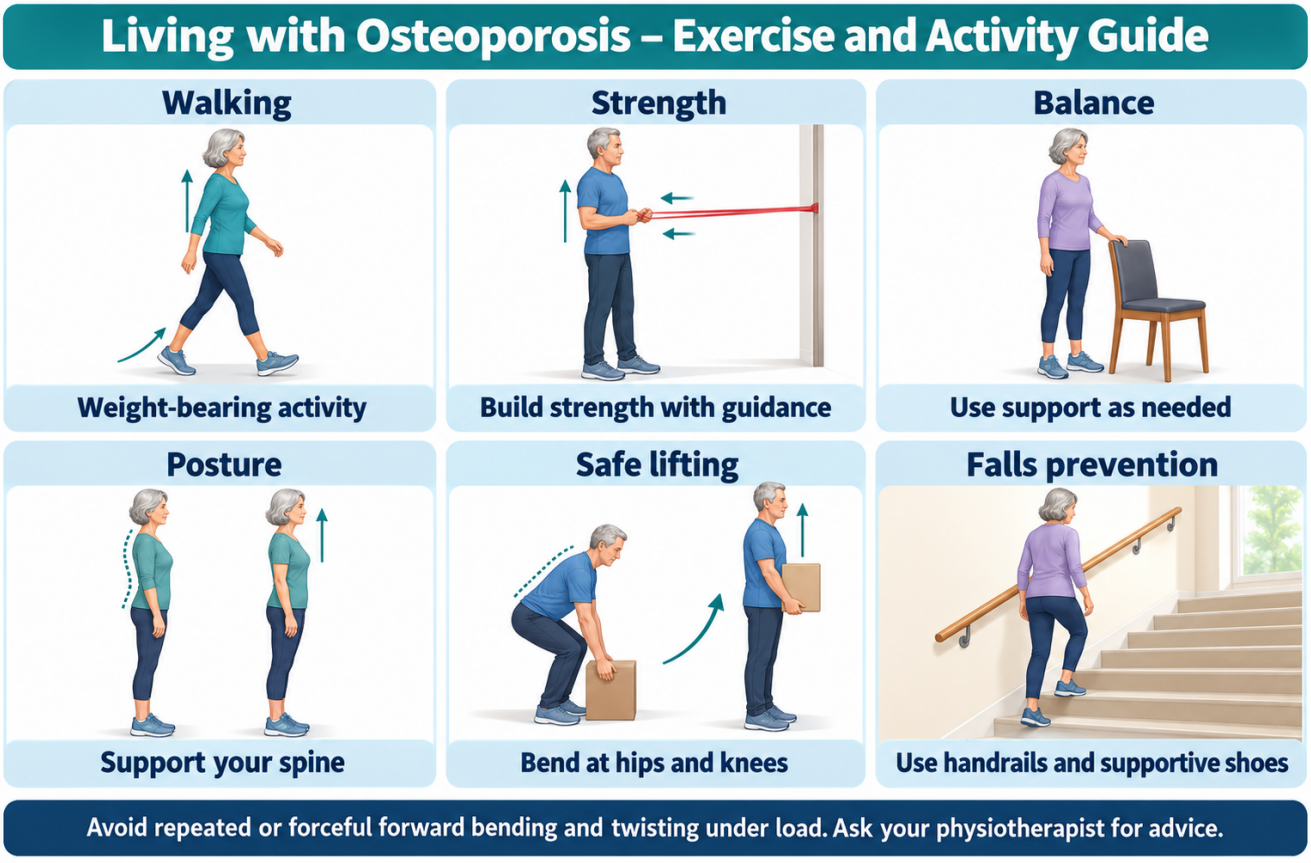
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Exercise and rehabilitation

Suitable activity under professional guidance

Exercise and activity examples

Regular activity is important for managing osteoporosis. Your physiotherapist can advise on suitable exercise and safe movement. Progress regularly within comfortable limits.



Activity guidance

Weight-bearing: walking or stair climbing as appropriate.
Strength: body weight, resistance bands or light weights.
Balance: exercises to reduce falls risk.
Posture: support the spine with suitable exercises.

Exercise safely

Avoid repeated or forceful forward bending and twisting under load. Bend at your hips and knees, and follow your physiotherapist's advice on safe movement.

Management and next steps

Treatment, self-care and when to seek advice

Pain management

Keep moving gently to reduce stiffness, use heat for muscle tension if helpful and take pain relief as prescribed. Seek advice if pain changes or worsens.

Bone-healthy lifestyle

- Eat a balanced diet rich in calcium
- Ensure adequate vitamin D through sunlight or supplements
- Stop smoking and limit alcohol
- Maintain a healthy body weight

Medication and monitoring

Take osteoporosis medication exactly as prescribed, attend follow-up appointments and scans, and report side effects to your GP or specialist.

When should I seek further help?

- A fall or new pain
- Height loss or changes in posture
- Side effects from medication
- Fear of falling limits daily activities

Key messages

Keep moving: correctly performed exercise is safe and beneficial. Small lifestyle changes can reduce fracture risk. Speak to your GP or physiotherapist for advice or concerns.

B-Well Physiotherapy Services

0300 303 4811

bwell.mskberkshire@nhs.net

www.bwellberkshire.co.uk