Exercise After a Spine Fracture



When can I be physically active or exercise?

- Avoid lifting or heavy physical exertion for 12 weeks to help your fracture heal properly.
- Gradually resume light or moderate physical activities of leisure or daily life.
- Once the fracture has healed (~12 weeks), perform exercises targeting balance, physical functioning, and muscle strength at least two times per week. Aim for at least three hours a week to prevent falls.
- Learn how to move safely to protect your spine.

What types of exercise should I do? What are the benefits?



Many fractures occur because of falls. Exercises that target balance and physical functioning can help prevent falls.



We lose strength and mobility as we age. Muscle strengthening exercises like exercise band pull-aparts, squats, and step-ups can improve your ability to do things like carry items, climb stairs, get up from the floor or a seated position, and other daily activities.



Living with a spine fracture can affect your mood or create fear. Exercise can help reduce fear and improve mood and quality of life.



Posture can change as you age and with spine fractures. Exercises that strengthen the muscles controlling your spine and shoulders can help.

For more information, go to the Osteoporosis Canada website or consult a clinical exercise physiologist, physical therapist, or BoneFit™ trained exercise professional.

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