

Okay. Pilates for osteoporosis. I seem to be seeing so much more of it in my practice these days. Now, I have done an osteoporosis workshop for Pilatesology, and I really encourage you to watch that first, because I give you a lot of information on that. I give you all the research, and I explain the causes and the symptoms far better.

Then we don't have time for that today because we're just going to do the mat workout. But basically, the thing I want to explain to you is that research has shown that loaded flexion of the spine, particularly the thoracic spine, is contraindicated. And that is due to the kyphotic position of the thoracic spine.

So no forward flexion, no rotation, particularly with forward flexion of the thoracic spine, no lateral bending of the thoracic spine. That can cause a spontaneous fracture of the vertebra. So with those criteria in mind, we have to now build a MAP class. We still have to strengthen the abdominals, so we're going to have to do that isometrically, which means no movement.

Or, uh, we can strengthen it by lengthening in extension, which is called the eccentric work of the abdominals. But what we're really going to work on is extension, and particularly of the thoracic spine. So we've got Kathleen here today who does have osteoporosis, full blown osteoporosis. And we know that from the T score.

Usually, usually she's very fortunate. She doesn't have the dowager's hump yet. I, uh, shouldn't say yet. We hope she's never getting it. But normally people with bad osteoporosis, you see that dowager's hump. However, if you look at her critically, she's already rounding a little too much here. So we're going to think about that throughout the class.

She's already telling me that she feels like she's shrinking. She feels that she has a lot of weakness in her hands. So apart from strengthening the abdominals, we're also going to do a general body strengthener, but no flexion. So there's the challenge. Good. Come and lie down. So we will not descend to the mat.

You just lie down now. I'm going to try and get her in a good position to start with. Remember what Jo said. If. If your starting position's no good, your exercise is no good. So here we go. Bend your knees, sweetheart. So let's look at her there. Can you see her neck is not quite aligned.

Okay. Because she's got that small little kyphotic area over C7. She's a little bit like this. In fact, we're actually now encouraging a thoracic kyphosis. So now I'm really going to. I have already fiddled a little before we started, so I know what to do. So first of all, sit up, my sweetheart.

I'm going to try and give her more extension here and I'll, um, put this prop in here. So I'm going to put her thoracic spine in a little more extension. But now to level her head, I found just the right height. I'm going to put it at the eight end of the head.

You can see why I want to lengthen the back of the neck. So now you can see she's actually in a very good position. And when I asked her about it, she said, this feels good, this feels good. She's got a nice long neck. She's got her exact alignment here of nose and ear.

She's got shoulders open as much as they can be, plus the fact that she's very aware now of extra extension in the thoracic spine. So this would be a great position for her to do the whole workout in. Now, what do we start with? The pre Pilates exercises. Because remember, everybody has to understand what we're trying to do so you can explain to that client what you're trying to do.

And they have to take responsibility for themselves. There's no reason why they can't join a math class, but there's certain things they can do and certain things they can't do. And she's going to have to use her props. And of course, she works on her own too. She's going to get a lot of homework.

Alright, so now let's start with the pre Pilates exercises. So the first thing is we want her, uh, to just sink into the mat. That's called imprinting. Very important is to teach anybody, but particularly osteoporosis. Costal breathing, costal breathing, that's one of the first things that goes. If you round it, you never expand the lung properly, the base of the lung.

So we have to work on that. So here we go. So breathe out all your air for me. Good. Now where my hands are, this will be posterior and lateral. I want you to expand your ribs. Breathe in, breathe in, breathe in. Hold it there, hold it there. Now breathe it out.

As you breathe out, let everything sink, but keep the length. All the air out, all the air out. Good. Now pretend my hands are there. Breathe in. Expand laterally More, more, more. Hold it and breathe it out. Let it all sink. Excellent. So what we're trying to teach her, relax that there's no belly breathing.

We really trying to expand these ribs. That will already, already give her some extension. And this, my dear, you're going to do as much as you can on your own, alright? Breathing, breathing, breathing, breathing. Very important for osteoporosis, Important for everybody, but particularly them. Now the next thing is we want to make sure that her tailbone is extended.

If she had area, I would help her. But she's good, she's good. And then I want you to pull your navel in and up just enough so that I

could step on you here. Come on, pull it in. That's better. Just enough, just enough. Good. Now let's put it all together.

Take a deep breath in with the back ribs. Hold it. Now breathe it out. Let the sternum sink. Let the ribs sink. Now let's pull that navel in and up. Uh, that's it. Good. Oh, that feels good. And relax. Yes. So we're just teaching her, uh, what we call some isometric abdominals.

Does she know what it is just to hold the pelvis in the right position. If she does too much, she will tilt. Does that, that all make sense? So let's go again. Take a nice deep breath in. Hold it, hold it. That looks good. That's better already. That's better already.

And breathe it out. Sink the sternum, Sink the ribs. Pull the navel in and up, um, deeply. Now force the air out. Force all the air out. Force all the air out. Can I jump here? Good. And again. Deep breath in. Hold it, hold it, hold it. Now breathe it all out.

At the end of the expiration, you anchor the tailbone. You pull that navel in and up so deeply and you force the air out. And relax. All right, so you felt your whole spine on the back. Whole back on the mat there. Now the reason why we force the air out like that is because the more you empty the lung, the more it expands.

Um, that makes sense. Now we'll see if she's got that. Alright, so now you've got your tailbone long, you've got your navel in and up, you've got the elongated spine. And let's see if you can hold that. Lift your right knee up. Good. Keep your tailbone long and change your legs in the air.

Keep that tailbone long and change. Now you've got to work a little harder. Can you feel? Once you move the legs, you've got to work harder. And change. And change. Good. And one more. And put your legs down. Now, Kathleen has already done Pilates, so she's quite easy. But this is not easy for people who haven't done Pilates.

You'll see everything goes wrong when they start lifting a leg. But because she's quite experienced, I'm going to make them a little more difficult. Right, so now bring your legs together. Good. Press your tailbone. Heavy. The whole back in the mat. Lift both knees up. Good. Tailbone heavy. Now change in the air.

Toe tap one leg. And then change. And change. Now start walking away. Change. Little further. Change. Pull it in. Change. Little further. Change. Yes, Change. Last one. Good. And put both feet down and draw your feet towards you. Did you feel that? Okay, so that is now the eccentric work, the lengthening of the abdominals.

So remember, we still got to get her, uh, strong, but we can't round.

So I'm going to give you kind of a basic format. But you as a teacher can be creative as long as you adhere to the criteria. That is not so easy. Huh? Huh? Now, would you like harder?

Um, let's try harder. Okay. So again, this is not for a new lady with osteoporosis, huh? She's had Pilates. That's nice. Press your tailbone. Heavy. Now lift both feet. Just off. Just off. Just off. And down. Um, and again. Chest off. Press down. Hold it, hold it. And down.

Good. And one more press. Hold it in. In, in, in. Yes. And down. Good. And lift just off. Now let's toe tap low. Like that. Toe tap, toe tap. Walk away, walk away. Walk away. Pull it in. Go. Pull it in. Walk away. Pull it in. Pull it in.

Yes. And that's it. And put both feet down. So harder. Lower. Okay, good. Bend your knees. Excellent. Now, if we really want to get difficult, we can start involving arms. Take the arms to the ceiling. So here we've got to watch straight away that her shoulders are down and down into the back pockets.

Keeping the whole back on the mat, we're going to take her arms back. She's already got that little prop in there, so that's already helping her pull this deep. Can I step here? Can I jump here? Can I tap dance here? Little further. Good. Now bend both knees up.

That's it. Hold it there. So strong here. So strong. This is wonderful. Now toe tap just where you are. Toe tap, toe tap, toe tap, toe tap. And keep it up. Keep both legs up. Now move your arms. Alternate. One, two. Pull it in. Pull it in. Three. There we go.

Um, beautiful. Shoulders down the back. Last set. Good. Put everything down. So you see, the more you involve, the harder you can work. And you can go up, you can go down, depending how strong your client is. But now we are already strengthening, so we take a lot of time with the pre Pilates exercises, because this is already her therapy, so you notice.

We never lift the head. When I lift her head, I am going to encourage thoracic flexion. So she can't do that. We want no strain on that thoracic spine whatsoever. And it is loaded flexion because the weight of your head is one fifth of your body weight. So if she lifts her head, she is pulling on that spine and we just cannot go there because I do know that she has got flexible full blown osteoporosis.

All right. Are we good with that so far? Now if you really want to really open it more, we can use the barrel. So sit up, sweetheart. And this she can also do at home. Now if she hasn't got a barrel, she can do anything. She can roll blankets, she can put yoga blocks, she can do whatever.

So let's lie back here with this on the height of your shoulders. That's it. And let the head fall. Now is that too much? We can roll down a bit if it's too much. How does that feel? Better. Now I've got. Just be sure that she's not hurting her lower back.

Does it feel very arched there? Are you alright? She's got a lordosis, as you know. She's got a little bit of a lordosis. What if I put this in? Sit up. That's it. Just to help you there. A little bit. Lie back. Now how's that feel? Comfy? Exactly. So I don't want her to have to strain there.

I want her to relax. Very good. And then we can take the weighted bar. She's strong. I um, wouldn't dare this with anybody who's new. So let's go here, take your arms. And she can do the ribcage. Arms, um, here. So you go back slowly. Now we've got a great extension in that thoracic spine.

That's it. And just make sure you don't indulge. So just soften the ribs. Yes. And bring it back. And then you can go back and you can hold it there. And from there you can just lift one leg up. Yes. And change. So changing the air, the legs. Yes.

And. Yeah. See this is really hard. Looks easy. It is not easy. Good. So you felt that there. Huh, huh. So that's something to work up to. Mhm. Very good. Excellent. All right, so now she understands how we trying to strengthen her stomach in the lengthening position. Excellent. You will lie like this whenever you can at home.

Um, you'll uh, have to watch television with the television on the ceiling. So these things are really, really important. She can also do the small Weights here if she doesn't have shoulder problems. So for her straight fingers, if you can, can you manage that? Okay. And then she can take back, which is harder, you know, with a stick.

You've got some guidance with no stick. If she doesn't have shoulder problems, she can do this. Get the shoulders. Yes. And back and open. The reason being we want to strengthen her holistically. And the other thing is too that remember, every time the muscle contracts and pulls on the bone, that promotes the bone marrow to lay down calcium.

So any amount of muscle contraction or stretching is very good for osteoporosis. And reverse. That's it. And you just want to soften those ribs. And up. Um, that's it. And down. Good. And open. And up. Uh, very good. And then bring it down. Excellent. Now I'm going to help you sit up.

All right. Lift your head and sit up. Good. And then once we sure that she's warm and she's prepared and she knows where the isoabs are, where the core is, we will now get on with the workout. So the first

thing is going to be the hundreds. So again we've got to put her in the position here.

I want no flexion. That's it. And then your little pad here. And this is just her, uh, you know, everybody with a different little bit of prominence will get different procs. What you're looking for is that perfect line and elongation. Good. Lift your head. That's it. Okay. Now how can we do the hundreds?

Flat? Not easy. Take a deep breath in. You breathe it out. She can't lift her head. You're going to bend one knee into your chest for a new lady. You're going to bend another knee into your chest for a new lady. And you're going to pump your arms. Breathe in.

2, 3, 4, 5. Slower, slower and not so violent. Get your shoulders down. Get your shoulders down. Pull that in. Pull that in. Pull that in. Good. And then relax. If she's stronger, she can straighten her legs. But not low. Huh huh? Because your head's down, you can pump there.

That's it. Pull that navel deep. Pull that. Imagine I'm going to stand on that stomach. Yes. Good. Then if she's even stronger, relax. Bend the knees. Take them away. Now pump. Um, this is the hardest. Alright. No fun, huh? Uh, okay. And in. Excellent. So you can do whatever you want as long as you're working the person, but making sure that it's not beyond their capability.

Because what will happen is she'll start lifting the Lower back and all those things. Next exercise would be the roll up. No, no, no, no. So what are we going to do? We're going to do lengthening. So you sit up any old howl. That's it. Bend your knees. Put your feet flat on the mat.

This is one way to do it. If they can't get their feet flat, they can flex. Good. Put your hands here on your ribs. Flat back. Pull your navel so deep your ribs deep. Now hinge back. Here's her roll up. Hinge, hinge. And come up. Not easy, huh? Good.

And let's go back. Lead with the back of the head. Lead with the back of the head. And up. Uh, you can put a strap for someone who's really weak. She's strong enough. Back we go.

And up. Uh, more difficult. Arms out in front of you. So what do we do? We make the lever longer. Back you go. Back of the head leaves pull. Yes. And up you come like you're a piece of steel. Good. And back hold. Now we can let you hold it and then come up.

Good. Even more difficult. Lift both arms. You should try this. This is really hard. Back you go. That's it. Yeah. So she's going to do very small. But, uh, you're working. Right. This is almost harder than

a roll up. I went through the class myself and did it. Oh, I had such a stomach ache the next day.

And lift. That's it. It's just because we're not used to it. Back, back, back. Good. And then the very hardest would be to hold a weighted bar. So say you had a very strong person. And I do have a lady with osteoporosis who's been doing Pilates for years. So she's really strong.

So first we would start here. Okay. Lengthen the back of the head. Yes. And up. Uh, and this is like flat on the, on the short box. Huh? And you start front a bit and then eventually there. But I'm not going to make you do this. Alright. But that's how you would progress that.

So not easy, huh? Huh? All right. Now what she's doing there, your beginner can do that too. They can hold behind and go with a flat back. Just do that. They can do that. Alright. It's a little more secure. And then a strap is even more secure. So just depends what you're faced with.

With a complete beginner, you have to be very, very careful. Right. Next exercise would be one leg circle. We can do that. Lie down. Get that right under there. I'm just keeping this there. For her, Because I want her brain to get the neural connection of that extension. Okay?

So I never want her to go back to what she knows. Right. Lift. Bend your right knee into your chest. Now, here we go with the stretches. Hold underneath your knee, both hands, and straighten your leg. In between the osteoporosis workout, you're going to do many, many stretches, because remember what I told you.

Stretching, the pulls the tendon on the bone. Very good for them. So you give yourself a little stretch there. Yes, Good as much. She can use this magic circle. She can use whatever. Arms at your side. Straight leg, ma'am. Tailbone. Heavy circle across, lower and lift the hips. Can't move.

Not for you. Across. Not for anybody. But especially for you. Right? Still moving too much. That's it, Kathleen. I'm watching this foot. It dare not move. Let's go. Yes. Very good. Press down with that leg. Press down with this leg. Press down with that leg. There you go. Feel the difference?

That's the stability I want. Reverse. Don't go too wide. Take it across and up. Uh, press with that leg. That's it. Back of the knee on the mat as best as you can. Front of the leg, long. That's it. One more. Good. And if she's strong enough, uh, she can scissor.

Switch. Can you? Good. Now bend that knee and stretch it. So in between a lot of stretching. Right. There you go. All these things

help you with osteoporosis, but if you're going to stretch, you're going to have to hold it. Uh, remember, in order to stretch, you've got to hold.

You can't just bend. Stretch. Good. Let's go. Arms at your side. Everything in the mat. I'm looking at that foot. Across, lower and left. Yes. Across low and lift from the stomach. No momentum. I'm trying to strengthen your stomach. Yes, that's it. And reverse. There we go. Watch that hip.

Watch that hip. Yes. Joseph would love this. There we go. And up. Lengthen. Yes.

Good. And put the leg down. Excellent. Next would be rolling like the ball. No rolls. No rolls. Okay. Next thing would be spine stretch forward. Now, sometimes they have trouble sitting up. So what you do is roll to the side and sit up. Okay. Spine stretch forward. Open the legs wide.

Are we going to round? No. Good. Arms out in front of you. And we're going to sit up tall. Now we're going to stimulate her with that same extension she had in top of the head to the ceiling. Beautiful. Now, this time, you're just going to take a deep breath in.

You're going to go forward with a flat back and you're going to grab your big toes. You can bend your knees if you want. Flat, flat. Long. In. Down. Beautiful. Hold it there. Hold it there. Now lift your arms shoulder height. Get them down your back and sit up tall.

Got the idea? So the class does. Rounding. You do this. And again. Deep breath in. As you breathe out, grab those big toes. Now hold on to them and use that to flatten your back. Pull and use that to flatten your back. Chin in, chin in, chin in. Back of the neck.

Long. Remember, your head's. Of your spine, huh? Huh? Chin in more. That's it. Come on. Stick that booty out and get those ribs in. Yes, the more extension, the better. The more extension, but not with overflow, huh? Huh? Good. Lift your arms shoulder height. And up you come. Shoulders into the back.

And then more difficult again. Over you go. Grab the big toes. Find that. Position yourself so your chin in. A little more. You're nearly there. Little more. Back of the neck. Long. This is your perception in space, huh? And that you learn with time. And sometimes a mirror helps.

But then when you turn your head, you know, you lose it. Good. Now lift your arms by your ears. Come on, crack that walnut. And pull those ribs deep. Good girl. And sit up tall. Excellent. Let your arms go. Next thing, open leg, rocker, prep. None of that. What about

corkscrew?

Not for a beginner, but for her, I could do it. Lie back. Oh, I forgot. The series of five. I beg your pardon? Let's go back to the series of five. Just come here, you. Wrong here. That's it. There. That's it. Good. Now the series of five. I can't lift the head.

There's no way I can lift the head. So she's going to have to do everything with her head down, which means you're going to have to keep the knees bent. And you might have to even touch the floor. Bend your right knee into your chest. Long arm on the outside.

This leg I'm going to make you bend. And toe tap. And I change. Pull, press, switch. Pull, press, switch. Pull, press, switch. That's it. Of course it does. Pull, press, switch. Pull, press, switch. And if she got stronger, I would lift the other leg. But it has to be high, all right?

Has to be high, because otherwise she's going to arch her neck. She's going to arch her lower back. She's going to do all sorts of things. Good. Double leg stretch. Bend your knees in. Arms and legs go to the ceiling. Up, Up. Uh, circle your arms. And just bring your legs in.

And again up to the ceiling. And up. And that's it. And your arms to the ceiling, too. Up. Uh, pull that stomach in. Pull it in. Yes. And circle. Good. Scissors. Both legs up. That's it. Now, remember, not too low here because your head's down. Change. That's it. And change.

Good. And change. Nice. Last one. Beautiful. Now double leg lower. And lift. Put your hands behind your neck, but keep your head down. Put them under your neck. Under your neck. Now I want you to lift your elbows. Now really let them drop. Shoulders down. Shoulders down. Yes. Turn out.

So you're going to lower, very small. And up. Uh, and the stronger they get, they'll go a little lower. Lower. Keep that stomach in. And up. That's it. And lower. And lift. Now, there's no crisscross, but, you know, have you heard of kicking up your petticoats? Right, so here we go.

So what she's going to do is kick up the petticoats. And kick up the petticoats. So I'm getting some rotation, but you notice it's not the spine. Okay, so that's good. She can do that. And if I want to make it harder, you can lower your knees a bit.

Get your knees further away from you. Now do it. You feel how hard that is? Pull that stomach into the mat. Yes. Good. And put your feet down so you can be very creative. Okay, so there's none of low lifting, no twisting, nothing. Then we would come to the spine.

Stretch forward, the flat back. Then we come to corkscrew. Let's go to corkscrew. Put your arms down at your side. That's it. Excellent. And make sure your shoulders fall, huh? That's it. Remember, we always want extension. And you circle right, lower, left. And careful. No swinging. All stomach, girl.

Left, lower right. Now. Now, if they don't have loose enough hamstrings, they can't do this. But remember, this is not a beginner exercise. So if it were a beginner, I wouldn't do this. Good. Bend your knees. Roll to the side. Sore. Can we twist? No. Can we twist and round?

No. Could we twist with a flat back? Depending on the severity of the osteoporosis. Okay. So flex your feet. And we do it with a flat back. Take your arms out to the side, twist to the right. But the hip cannot change. Huh? Now you're going to go there.

You're going to grab your big toe and you're going to flatten your back. Yes. You're going to flatten that straight arm. That's it. I could risk this for some people. And up. Uh, as long as she doesn't round, and as long as the hips don't move. That's it. Grab that big toe and flat back.

Flat back, Flat back. Yes. Good. So rounding and flexion is definitely out. Very good. That's fine. Now we come to extension. And this is very. This is the best thing we're going to do. The first thing I'm going to do is I'm going to put a roll under her groin because I'll show you why Put that under your groin a little bit there.

The reason being is because I'm going to work so much on extension. Put your hands under your shoulders. I want to make sure that I don't get into her lower back. If she over arches hyperextends her lower back, that can also cause a spontaneous fracture. So hyperextension is no good either.

All these rules, unfortunately. Okay, forehead on the mat. Good. Now lift the ribs and press up. Up you come. That's it. She can come up, uh, as high as she wants, as long as she doesn't hang through. You know why I've got the roll here? Do you understand that's blocking her to getting into her lower back?

So we're safe and she's going to hold this. Now, if you look at the osteoporosis pamphlet that the Mayo Clinic puts out, this is the pose they do. And they tell people to lie like this for a minute at a time and lie down. Okay? So that's what I would tell her.

Whenever you have the chance, get on the floor at the hairdresser, I don't know where. Up. And do a few of these. You know where she could do these on a long flight. You can get in line in the middle in the corridor and do this. And up. Uh, that's it.

Good. Excellent. All nice. Crack that walnut. But as long as you're not hanging through too much. Excellent. And lie down. And she can do the neck roll. Up you come. Turn your head to the right and you roll. Just make sure, uh. So she's getting in there. I'm going to say no, don't do the roll.

Can you see she's starting to flex here for her, we leave it. Come down. Good. Now sit back. Now, I'm telling you, also have to stretch the erector spinae muscle. Now, we know we're not allowed to round sit back, but we can stretch it. So what I want you to do is sit back and get your hands behind you and just stretch around your spine.

Put your forehead on this thing. You have to stretch this muscle, but as long as it's not loaded, so there's no load, this is going with gravity. She's fine. So she can do that in between once or twice. But there can be no loaded flexion as long as everybody understand.

Good. Lie down again. Put this under the groin. Single leg kick. She is more advanced beginner. We wouldn't do this, but we can do it for her. Good. Prop yourself up. Uh, that's it. Elbows underneath and bend. Kick, kick. Now careful don't hang through too much. Yes. Kick. Kick.

Good. Kick, kick. Last set. Excellent. Now lie down. Double leg kick. So you have to be careful here. Can you see this is rounding? So I don't like that. So put your forehead on the mat. That's it. Good. And keep the elbows wide. That's it. Double leg kick. Two, three.

Straighten. Now lift, lift. And I'm letting her arch her neck because that's fine. And again. Uh, don't turn your head. One, broad back. Two broader back. Yes. So don't let the elbows fall. And put it down. That's it. And kick. One. Yes. Two, three. And out. Uh, straighten your arms.

You can straighten your arms. Yes. And one, two. So you see, you just got to watch them. We don't want her to round, so nothing she must do was promote that flexion. Good. Sit back. And now I'm going to let you stretch it out again. Are you paying attention here that you're going to do this in your class?

Good. Alright, so we flip around. We can't do neck pull, unfortunately. But what we can do here, although it's not a beginner exercise, we can do shoulder bridge because that's nice extension. So lie on your back. That's it. And because she's going up on her neck, we can't put anything under her neck.

Your feet are flat on the mat and I want you to lift that pelvis up. Okay? Go down. Remember, your feet are always pulling towards your buttocks and your heels. They're not moving in your mind. You're

pulling your heels to your buttocks and your buttocks to your heels. When you lift up, you're not going on your neck.

You're coming to me. Now lift the pelvis. Come to me, come to me, come to me. Yes. Feel the difference. We've now fired up her hamstrings and her buttocks. The other is just a mechanical push up and you come down. You're not going to round down. Come down. That's it.

Do you understand that? You're just going up and down and lift. Now pull those feet towards you. Pull those feet towards you. Buttocks towards your feet. And just go down. That's it. Good. Now legs together. If she were more advanced. Lift. That's it. And you can straighten one leg.

Flex point, flex. Put it down. That's it. And again. Straighten the other one. Flex point, flex point. And bring it down. That's it. Excellent. Turn onto your side for Sidekick series. That's it. So what can't we do? We can't prop up. Huh huh. So you're going to lie flat.

Get your arm. Get line up on the back of the mat. Come towards me. That's it. And we always put in a little pillow here. Can you see? So Kathleen will run to the mat, and with all her props, she'll get them all ready before the class. Because if she doesn't, she'll get fired.

All right? And so here's the whole thing. You can do front and you can do back. And she's going to have to keep the range quite small because we don't want to encourage her to round anywhere. So you just watch her carefully. She's got pretty good range. A beginner will not have this range.

Legs together. Up, down. No problem. Correct. And then small circles. No problem. Circle, circle, circle, circle. And the other way. Good. And now beats on the belly. She's going to stick her roll in again because we do not want to get this one. Yes. There you go. Uh uh.

That's it. Now this is careful. Keep your back broad. That's. That's it. And lift your head a little bit. Or, uh, put your hands one on top of the other. That's good enough. Right, lengthen. Lift the legs. Just off and beat. Now get that back. Flatter, flatter. Crack a walnut here.

That's it. Good. And then you've got the other side. Lie with your back to the camera. Yes. Line up. That's it. This is going to come under your head. That's it. Feet to the corner. Now we check that everything's in one line. Get further back, further back, further back.

So this has got to be in, that's got to be out. Uh, this has got to be against the wall. Crack that walnut. So use this hand to get your shoulder down the back. And that's it. Get that length. And just

remember, if your starting position is not correct, nothing's going to work.

That's it. Now go front. That's it. And back. Good. There you go. And then legs together, lift up. That's it. And down. So we're all safe here, huh? It's just common sense, isn't it? There we go. And then little circles. Good. And then the other way. Very good. Excellent.

So then the next thing would be teasers. Not even teaser, one leg. Nothing. But what I will teach her is swimming prep. Now, I know that that's neither even beginner or intermediate, but she needs this badly. So turn onto your stomach. Put the roll in all these extension things.

So you're gonna load it on the side of extension. Straighten your arms. Straighten your legs. Good. Separate your legs a little bit. That's it. Your head is in line, your chin is in. So it'll be just off. Lift your right. Lengthen your right arm and your left leg and lift them just off.

Now I want the shoulder down. I want the highest point, your fingertips. Really? No, I don't want this the highest. I want this the highest. Lift. Lift. You can lift that leg a little bit. Now lift the. Yes. Now change in the air. Think of your fingertips. The highest.

The arm and the leg must be the same height. And change. Now slowly. Slowly hold it. I'll take long to see if you correct. And change. Now lift those fingertips. Lift. Yes. And change. Now crack that walnut, girl. Yes, and change. Good. And if you're really good. Now, both arms and legs often Hold.

Now, I want you to work length and not height, but I want your fingertips the highest point. Lift them. Lift them. Lift them. And lie down. That is really hard. How does that feel? Good. Now, I'll tell you what I do. Which is a killer.

Hold the ring. Put your head down. Your feet are going to stay down. Now lengthen little tension on the ring and lift the upper body with the ring. Chin in, chin in. Hold it there. Lift, lift. And down. Uh, best thing you can do for osteoporosis because now she's using muscles too and she's in extension.

These things are hellishly hard, let me tell you. Squeeze, hold. Soften your arms a bit. And squeeze that ring. Yes. Shoulders down. Crack the walnut. Hold it, hold it. And you see, it's in the holding that you improve. Huh? Huh? And down. How's that feel, girl? Now you wish you'd never done this.

Osteoporosis class. Good. Sit back. Now we can stretch her out again. We can always stretch as long as it's round your spine. As long as

it's with gravity. Okay. With no loading. Very good. Are we going to do seal? Definitely not. Now comes to standing. Oh, uh, wait. We can do.

We can do the push, the push up, leg pull front, but on your elbows. The reason being that their wrists are very weak and they do spontaneously fracture their wrists. So we're not even going to go there. So you get on your elbows there. And this is another one of the pictures in the pamphlet for osteoporosis.

Give me a little Pilates V. Okay. And do you think, uh, that's a good plank? Sorry? Yes. Neck long. Neck long. Yes. Pull this together. Now press your wrists into the mat. Yes. But don't lift this. Crack a walnut more. Yes. There we go. Good. I. I want a sandwich.

Broader. That's it. Broader. Do not let them round. Huh, huh. And if she can hold that for two minutes today, you're going to hold it for two seconds. Bend your knees. Yes. Okay. This is excellent, this stuff. Because you see, she's pressing into the long bones. She's stimulating the muscles.

She's working extension. They say two minutes. You're going to work up to that. What's your favorite story in this position on the television? How's that? Huh? Alright. Good. Now I want to show you what I'm going to do standing. Sit back and stretch it out. The first thing we know about osteoporosis is they're not allowed to bend over and lift anything.

You're not supposed to lift anything even heavier than they say, 8 pounds, 8 to 10 pounds. So we have to teach them the squat. Stand up. We want to strengthen their quads and their spinal extensors to such a degree that they can do everything with the squat so stand on you.

We might as well make it hard for you, seeing that this is unstable. Turn your feet parallel. Good. Take your arms up. Bend your knees. Now come to the L position they call this. And hold it. Flatten that back. Look up a little bit. Yes, hold it, hold it.

And then stand up tall. Got it? Mhm. Of course, if she were a complete beginner, I'd keep her arms here. Bend your knees. Go to the squat. That's it. You can keep your arms here. That would be for a beginner. Do you understand? The high one is the hard one.

Good, excellent. Come up. Now, if I really want to make you strong, take your arms up. Bend your knees. Get your feet a bit closer together. Your hips are not that big even. Yes. Now can you go, uh, tabletop? Lift your buttocks there. And hold it there. Now reach your fingertips to the mirror.

Shoulders down, shoulders down. Get your weight over your toes. Move

forward. Uh, yes, there we go. And the highest point are your fingertips. Yes, good. And up, uh, you come. All these things are excellent. They get them very strong. And just remember, we're now pushing through the long bones.

We stimulating that femur. Excellent, excellent. All those things you're going to do. Then we can also do baby weights. The weight series, very important. Can you take two pounds? Okay, good. So let's start. Face the camera. The easiest one. Stand in a Pilates V. And of course your weight's got to be forward and your back flat.

Take your arms out to the side. The biceps one is the easiest one. All right, so now, madam. Yes. Pull it in. That's it. Bend your elbow. Touch and straighten out. So the elbow never moves. Now crack that walnut and grow tall. Now pull that navel. So deep. Come on.

So deep. Yes, that's it. Imagine at any time I'm going to come and kick you in the stomach. That's the feeling. Yes. And you can do 5 to 10. And then the next one in the series will be front. Broad shoulders in. Yes, Bend. Touch your shoulders if you can.

Elbows don't move. And out. Uh, that's gone. Yes. And bend. Beautiful. And um, out. Five to ten of those. Excellent. And you can bring your arms down. The more difficult ones are done in the squat. So turn side on. So give me tabletop. And get your elbows up. Uh, this is the triceps.

Wait, wait, wait.

In line. That's it. Now straighten your arms behind you. Hold. And bend. That's it. And hold. Lift. Yes, and bend. And you can do five to 10 there. And I want to come out of it. You're going to have to just hold your things here and stand up tall.

So no rounding, okay? No side bends. The most difficult one is the sparklers. You know, the sparklers, those are very difficult because you don't want them too round. So they've really got to be strong and do that. We'll build up to the sparkless. Then the next thing you can do is magic circle.

So I always get the osteoporosis clients to buy little weights and to buy a magic circle. And I give them a little workout because I know no one wants to get on the mat and do things, but this they will do in front of the mirror. Okay? So let's go here.

Pilates V. Right? Your elbows are always soft with a circle, huh? Weight forward. Yes. Good. Now pulse it. And lift it. Pulse, pulse, pulse. Keep the shoulders broad. Up, up, uh, up, uh, up, uh, up, uh. And then down, down, down, down. All right, now let's see how perfect this pelvis is.

Can you rise and pulse? Let's go up, uh, up, um, up, um. Pull those legs together. Don't hope for the best. Pull it in. Pull it in. Shoulders down. And down. Bring the heels down. That's it. Good. All the way down. Nice. And then if she was very strong, she could even do the ones between the ankles.

Those are very good. Put the ring between your ankles, just above your ankle bone. And a little bit of a turnout there. Just a natural. Yes. And straighten your legs. Good. Arms out to the side. Weight is forward. Pull it in. Rise up. And lower down. Now the balance.

The balance goes very fast, huh? When you start weakening, it's very difficult to balance on one leg. So lower onto the right leg and lift the left one off. And if they're doing it without you, they must be able to grab on at something at home, huh? Squeeze the ring.

Release. Grow tall. Just think tall. Squeeze. Release. Put the foot down. Rise up on the other side. Up 2ft. Rise up on 2ft. Lower on the left foot. And lift. Pull it in. Pull it in. Grow tall. Now lean a bit to the right. Yes. Squeeze. And release. Squeeze.

Pull it in. Pull it in. Release. And put the foot down. Got all those things to do. Attention to daily living is so important. They can't do all this with you and then go home and just do what they want to do. So you've got to talk them through all those things.

How do you work? Are you slumping over a desk? What are you doing? Are you sitting upright? Have you got the right chair? Is it ergonomically correct. All those things. And homework, homework, homework. Lying over the barrel. Maybe a few back shifts, weights, circle. Every day. Every day. Are we good?

Good. Thank you so much. Okay. Wonderful. Okay, good. Excellent. We're done. Thank you. Okay. Will you remember all this? Yes.