

Osteoporosis?

Doctor recommends exercise?

But what exercise?

Research has shown that only a certain type of exercise improves bone health.



ONERO®



The award-winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that ONERO[®], supervised, bone-targeted, high-intensity resistance and impact training, reduces osteoporotic fracture risk in postmenopausal women and older men with low to very low bone mass [1-8].

The evidence-based ONERO[®] program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised [1-8].

INCLUDES FALL PREVENTION

The risk of osteoporotic fracture is greatly increased in people at risk of falling. ONERO[®] training not only improves leg muscle strength but includes exercises to improve balance and mobility, thereby reducing osteoporotic fracture risk both by improving bone *and* reducing falls.

FULLY SUPERVISED

A hallmark of the ONERO[®] program is the requirement for close supervision by trained professionals.

Only coaches with the appropriate clinical and exercise expertise are permitted to deliver ONERO[®] to clients living with osteoporosis.

ONGOING RESEARCH

Along with bone density testing, we build in a number of simple functional tests before beginning ONERO[®] to facilitate a comprehensive assessment of efficacy.

These tests form part of a vital strategy to track the real-world safety and effectiveness of the ONERO[®] program in the global research program in progress at The Bone Clinic.

DISCLAIMER

The ONERO[®] program is designed to improve osteoporosis or osteopenia but consultation with a primary care provider and/or specialist is recommended to understand all treatment options.



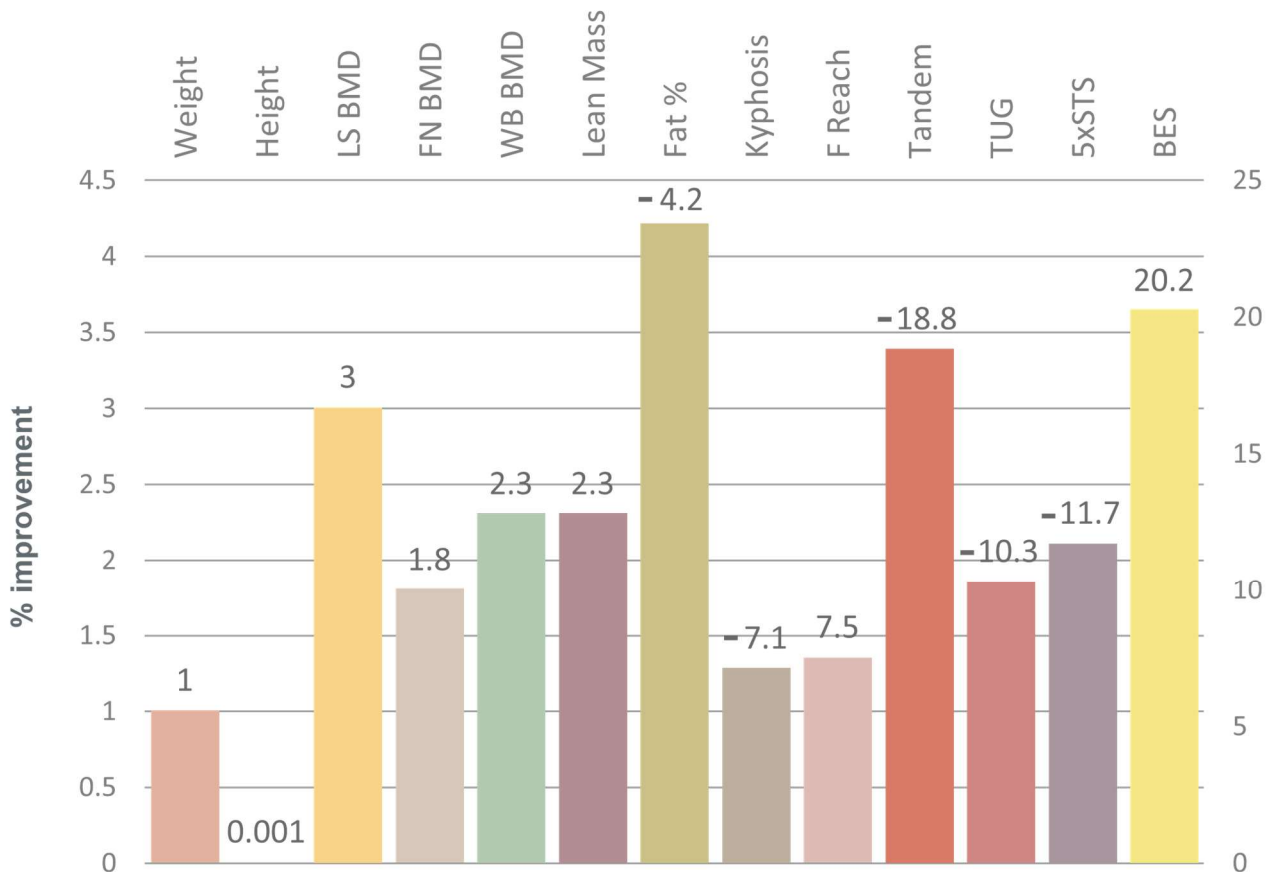


Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density.

I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease of life. My bone density improved by 5% in the spine and 8% in my hip!

Mean % improvement after 12 months supervised ONERO® training (n=415)

Increased dietary Ca⁺⁺ 19%, reduced supplementation 16%



Key: LS - lumbar spine; BMD - bone mineral density; FN - femoral neck; WB - whole body; T hip - Total Hip; F Reach - functional reach; TUG - Timed up and Go; 5xSTS - Five Times Sit to Stand; BES - Back Extensor Strength

References

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2. Watson SL, Weeks BK, ... Beck BR: High-intensity exercise did not cause vertebral fractures and improves thoracic kyphosis in postmenopausal women with low to very low bone mass: The LIFTMOR trial *Osteoporosis Int*, 30(5):957-964, 2019
3. Harding AT, Weeks BK, ...Beck BR: A comparison of bone-targeted exercise strategies to reduce fracture risk in middle-aged and older men with osteopenia and osteoporosis: LIFTMOR-M semi-randomized controlled trial. *JBMR*. 35(8):1404-1414, 2020
4. Harding AT, Weeks BK, ...Beck BR: Effects of supervised high-intensity resistance and impact training or machine-based isometric training on bone geometry and strength in middle-aged and older men with low bone mass: The LIFTMOR-M semi-randomized controlled trial. *Bone* 136:115362, 2020
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6. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: A comparison of bone-targeted exercise with and without antiresorptive bone medication to reduce indices of fracture risk in postmenopausal women with low bone mass: the MEDEX-OP randomised controlled trial. *JBMR Sep*;36(9):1680-1693, 2021
7. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: High-Intensity Exercise and Geometric Indices of Hip Bone Strength in Postmenopausal Women on or off Bone Medication: The MEDEX-OP Randomised Controlled Trial, *Calcified Tiss Int Online First* 13/6/22, DOI: 10.1007/s00223-022-00991-z
8. Beck BR: Exercise prescription for osteoporosis: Back to Basics. *Perspectives for Progress ESSR*, 50(2):57-64, 2022



The Exercise and Sports Science Australia Professional Development committee certifies that training to become a Licensed ONERO® provider meets the ESSA criteria for 6 Continuing Professional Development (CPD) points.

SCIENTIFIC RECOGNITION

The **Journal of Bone and Mineral Research** is the highest-ranking bone journal in the world, publishing over ~2,500 scientific papers a year, all undertaking rigorous peer review. In 2017, the publication on which the ONERO® program is based made the Top 5 JBMR 'Attention Grabbing Papers'.

AWARDS

Sports Medicine Australia

A presentation of The Bone Clinic data reporting 9-year findings of the effect of ONERO® on osteoporosis and osteopenia won the best paper award at the 2024 **Sports Medicine Australia** (SMA) Conference in Melbourne, Australia.

Exercise and Sports Science Australia

A research presentation of the 3-year findings on ONERO® from The Bone Clinic won the 'Practitioner Award' at the **Exercise and Sports Science Australia** 2018 Research to Practice meeting in Brisbane, Australia.

INTERNATIONAL RECOGNITION

ONERO® featured in a **National Geographic** story about osteoporosis and exercise in January 2024.

In May 2018, **Wall Street Journal** published an article on the revolutionary ONERO® program for osteoporosis and osteopenia.

