

Osteoporosis?

Doctor recommends exercise?

But what exercise?

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



ONEROTM

THE
BONE CLINIC

Science in Practice



The award-winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that ONEROTM, 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 ONEROTM 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. ONEROTM 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 ONEROTM program is the requirement for close supervision by trained professionals.

Only coaches with the appropriate clinical and exercise expertise are permitted to deliver ONEROTM to clients living with osteoporosis.

ONGOING RESEARCH

Along with bone density testing, we build in a number of simple functional tests before beginning ONEROTM 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 ONEROTM program in the global research program in progress at The Bone Clinic.

DISCLAIMER

The ONEROTM 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.



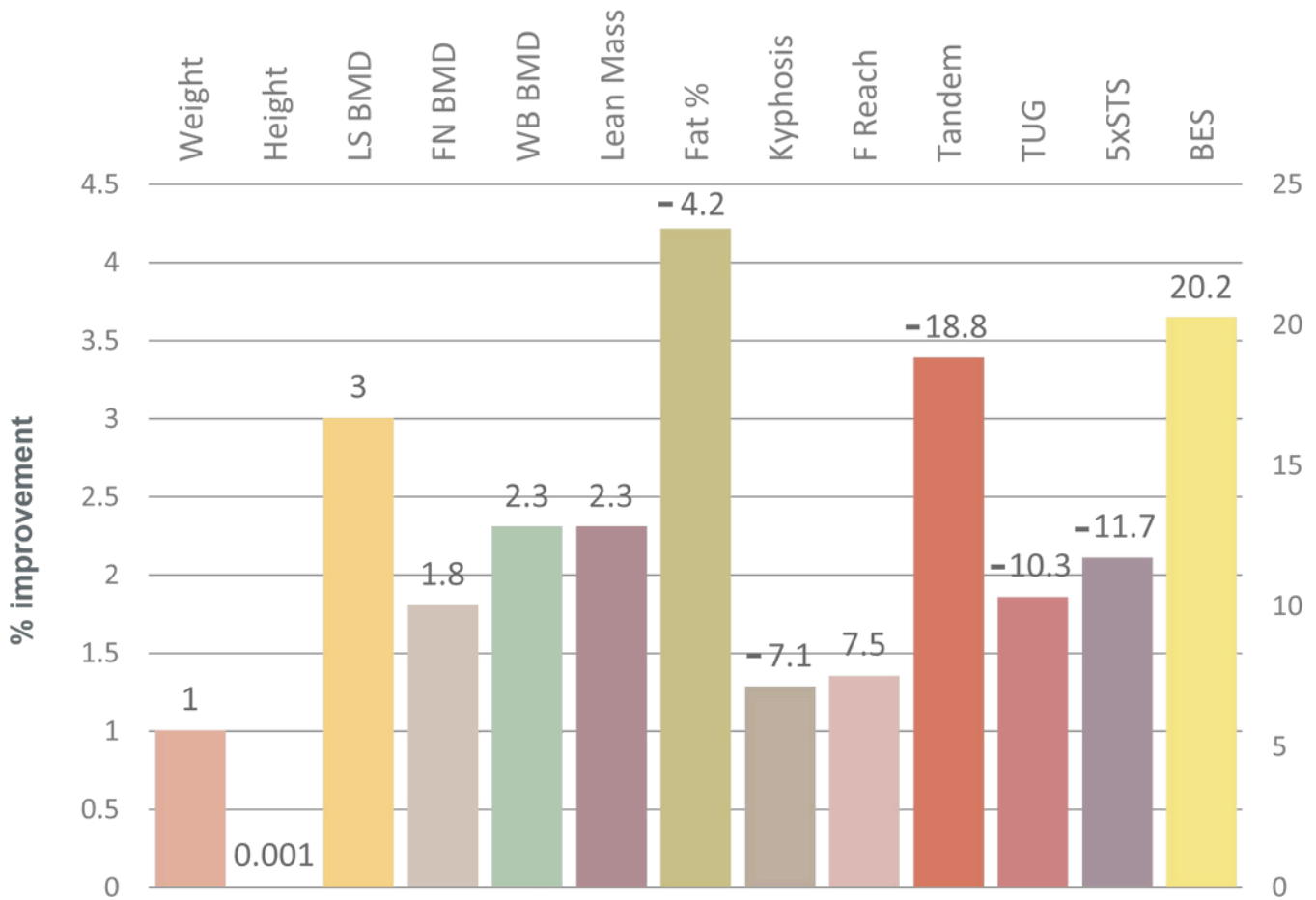


Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density.

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=451)

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
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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 ONEROTM 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 ONEROTM 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 ONEROTM 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 ONEROTM 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

ONEROTM 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 ONEROTM program for osteoporosis and osteopenia.

