Improve Mobility Safely With Osteoporosis | Dr. Justine Bernard Transcript

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Introduction

Hi, this is Margie. Hi, this is Margie. If you have osteoporosis If you have osteoporosis or osteopenia, you or osteopenia, you probably know that there are probably know that there are certain movements to certain movements to avoid, including avoid, including forward bending of the spine, forward bending of the spine, as well as extreme as well as extreme or extreme or extreme twisting and twisting and turning. But that doesn't turning. But that doesn't mean we mean we should become should become stiff or afraid to stiff or afraid to move. There are move. There are so many so many safe steps we can take to safe steps we can take to maintain mobility maintain mobility and flexibility, and that's what and flexibility, and that's what we're we're we're going to talk about today. My guest is Dr. Justin is Dr. Justin Bernard, a Bernard, a physical therapist and physical therapist and master trainer of master trainer of Gyrotonic and Gyrokinesis movement methods Gyrotonic and Gyrokinesis movement methods. Justin. Justin is also the developer of a is also the developer of a specialized specialized specialized course, Gyrotonic Exercises course, Gyrotonic Exercises for Osteoporosis, for Osteoporosis, which trains which trains instructors from around the instructors from around the world to safely world to safely work with people work with people who have osteoporosis who have osteoporosis and low and low bone density. Today, bone density. Today, Justin will show us Justin will show us how to adapt how to adapt Gyrotonic and Gyrokinesis movements for Gyrotonic and Gyrokinesis movements for people with osteoporosis, people with osteoporosis, demonstrate demonstrate demonstrate specialized specialized specialized Gyrotonic equipment, and Gyrotonic equipment, and share great mobility exercises you can mobility exercises you can do at home. This will be do at home. This will be extremely extremely extremely informative.

informative. informative. Stay with us. Welcome, Welcome, Justin. I'm so glad to Justin. I'm so glad to see you on our see you on our podcast. podcast.

podcast. Thank you for the invitation. Thank you for the invitation. I love communicating I love communicating with like-minded people, with with like-minded people, with professionals.

professionals. professionals. Yes. This is a very important Yes. This is a very important topic because I hear from topic because I hear from a lot of people in the a lot of people in the community that community that everyone is focused on everyone is focused on strength training, strength training, which is great, of course.

We know how We know how important this is, but important this is, but mobility also mobility also plays an extremely plays an extremely important role.

important role. Could you tell us why we why we should also pay should also pay attention to mobility and attention to mobility and make sure it make sure it is part of our is part of our program?

program? Mobility is Mobility is extremely important extremely important for daily for daily activities. If we activities. If we think about sitting down, think about sitting down, standing up, or standing up, or squatting, it often squatting, it often requires an angle of more than 90 requires an angle of more than 90 degrees. So, this is degrees. So, this is deep flexion in the deep flexion in the hip joints, hip joints, knees, and knees, and ankle ankle ankle joints.

joints. joints. All the angles can be listed, All the angles can be listed, but it is important but it is important to maintain to maintain to maintain mobility in the ankles, knees, and hips to, knees, and hips to properly perform properly perform squats, squats, squats, deadlifts, or any other deadlifts, or any other weight-bearing exercise.

And in order to And in order to pick something up off the pick something up off the floor, play floor, play pickleball, you need to pickleball, you need to do side lunges do side lunges or reach up, or reach up, for example, to for example, to pick up your grandchildren. All of pick up your grandchildren. All of this requires a fairly this requires a fairly high level of mobility, high level of mobility, which we sometimes don't which we sometimes don't notice until we notice until we lose it. Then lose it. Then a feeling of a feeling of stiffness appears, or, stiffness appears, or,

worse, the worse, the length of our stride is shortened.

length of our stride is shortened. So it's important for both So it's important for both everyday tasks and an everyday tasks and an overall overall overall sense of vitality and sense of vitality and vigor. This is vigor. This is really important.

really important.

Understanding Gyrotonic and Gyrokinesis movement methods

I like it. You teach something that You teach something that many people many people don't even know about, although they may have heard of it—Gyrotonic and heard of it—Gyrotonic and Gyrokinesis. So, why don't Gyrokinesis. So, why don't you first you first explain what it is, explain what it is, and then I would and then I would love to love to love to hear your hear your story about how you story about how you as a physiotherapist as a physiotherapist got involved in this and got involved in this and how you adapted it how you adapted it for osteoporosis. I for osteoporosis. I find this so find this so interesting.

interesting. interesting. Well, thank you for your Well, thank you for your interest in these interest in these methods. I'm just delighted with methods. I'm just delighted with them. I them. I started studying and started studying and teaching them in 1994 teaching them in 1994. So I continue to. So I continue to use them in use them in my life for myself, my patients,, my patients, clients, and family.

So, what is it? Gyrotonic is equipment, and is equipment, and Gyrokinesis is, for lack of a Gyrokinesis is, for lack of a better explanation, better explanation, something like a something like a mat workout.

mat workout. No equipment is used here, No equipment is used here, except for a chair and except for a chair and perhaps a mat on perhaps a mat on the floor. It is a the floor. It is a movement system, and it can be movement system, and it can be used, as used, as Juliu Juliu Juliu Horvath, the creator of the Horvath, the creator of the system, always says: it can system, always says: it can be just enjoyable be just enjoyable exercises, or it can be exercises, or it can be filled with deeper filled with deeper meaning based meaning based on qi energy and on qi energy and life force. So, life force. So, this system has many this system has many levels, and you can levels, and you can use it use it however you want. That's why however you want. That's why it's so flexible and it's so flexible and useful for so many useful for so many people: from golfers people: from golfers and athletes to and athletes to dancers and, in fact, anyone. If you, anyone. If you take a take a Gyrokinesis class, you will experience the Gyrokinesis class, you will experience the fluidity, rhythm, and fluidity, rhythm, and breathing that are woven breathing that are woven into this system. And sometimes it into this system. And sometimes it 's useful to learn 's useful to learn about the history of its about the history of its origin. Juliu origin. Juliu Horvath, as I Horvath, as I mentioned, is a creator who mentioned, is a creator who came into dance and came into dance and later became a later became a professional professional professional ballet dancer. He had ballet dancer. He had problems with stiffness problems with stiffness in his back, started in his back, started rocking rocking rocking back and forth and making back and forth and making light movements with his spine, light movements with his spine, using it using it to help with his to help with his ballet career, and ballet career, and had a unique had a unique experience that he experience that he couldn't explain at first. He couldn't explain at first. He began reading books began reading books about yoga and energy, about yoga and energy, especially especially especially Kundalini Yoga, and Kundalini Yoga, and realized that he had had an realized that he had had an energetic experience.

It was then that he began to It was then that he began to delve delve delve more and more into this more and more into this aspect of movement, breathing, aspect of movement, breathing, and rhythm. So, all of that is and rhythm. So, all of that is included in this included in this system. During his system. During his ballet career, he ballet career, he suffered many injuries.

suffered many injuries. He tore his He tore his Achilles tendon and Achilles tendon and used this method used this method for his own for his own rehabilitation. When rehabilitation. When people saw this, people saw this, they started asking they started asking him to help with him to help with their rehabilitation. So maybe if maybe if we have time, I'll we have time, I'll show you the Gyrotoner; It show you the Gyrotoner; It came about through an came

about through an experience he experience he recounts: when a recounts: when a woman woman couldn't move her shoulder after breast cancer treatment, couldn't move her shoulder after breast cancer treatment, he developed Gyrotonic he developed Gyrotonic specifically for her. So specifically for her. So a lot of the equipment and a lot of the equipment and modifications modifications modifications came from came from his own his own experience of increasing the experience of increasing the mobility of mobility of mobility of dancers and dancers and others. That's the point. This is difficult to explain.

. This is difficult to explain. It's worth a try, It's worth a try, but it's such a general but it's such a general explanation. explanation. explanation.

How osteoporosis exercise has evolved beyond fear of movement

So when did you start So when did you start implementing this? How have you implementing this? How have you integrated this into your integrated this into your physical therapy and physical therapy and everything you do?

everything you do? Yes, I Yes, I graduated and moved graduated and moved to New York to to New York to become a dancer. I become a dancer. I attended the attended the Alvin Ailey School on Alvin Ailey School on a scholarship, a scholarship, practiced too practiced too much, but I much, but I was introduced to what was introduced to what used to be called used to be called yoga for yoga for dancers. This was dancers. This was one of the sources for one of the sources for Gyrokinesis. And it Gyrokinesis. And it helped helped helped my back incredibly. I my back incredibly. I couldn't actually couldn't actually walk without pain until I walk without pain until I did did did Gyrokinesis every morning.

So that was my method of So that was my method of healing, and I became a healing, and I became a coach out of coach out of necessity. I necessity. I really didn't want to really didn't want to work as a bartender work as a bartender to support to support my career as a my career as a dancer. So one dancer. So one of my friends said, "Oh, you should go to "Oh, you should go to Studio Riverside." And then I Studio Riverside." And then I turned to Leda turned to Leda Franklin, she Franklin, she cured my back cured my back using the using the Gyrotonic method, I became a Gyrotonic method, I became a trainer, and it was the trainer, and it was the best decision of best decision of my life. So, my life. So, after that, in 1994, I started doing, I started doing physical therapy.

physical therapy. Partly because Partly because the creator of the method, Iuliu the creator of the method, Iuliu Horvath, left New York in 1999. He York in 1999. He moved to Miami. And moved to Miami. And we all seem to be we all seem to be on a quest. Like, what should on a quest. Like, what should we do now? And I we do now? And I entered entered entered physical therapy school in physical therapy school in 2001 at 2001 at Columbia Columbia Columbia University. I University. I always had the idea to always had the idea to somehow combine somehow combine the methods of Gyrotonics and the methods of Gyrotonics and Gyrokinesis with Gyrokinesis with the science of physical the science of physical therapy. I wanted to therapy. I wanted to get that scientific get that scientific basis. My mom is a scientist, she can a scientist, she can explain why it explain why it works. What exactly is works. What exactly is really happening? It's a really happening? It's a real gift to have this degree and to have this degree and knowledge because it not knowledge because it not only teaches you about anatomy only teaches you about anatomy and how the body works, but it also and how the body works, but it also helps you read helps you read research and research and stay up to date with the stay up to date with the latest latest latest information, as it's information, as it's constantly changing.

As you know, when we first As you know, when we first started studying started studying osteoporosis, the prevailing osteoporosis, the prevailing approach was "be approach was "be careful, we're fragile." Don't do that, Don't do that, you know, walk a little you know, walk a little like a statue. But we have like a statue. But we have evolved. We have evolved. We have evolved: evolved: evolved: Erling's research, Erling's research, Belinda Beck's work on Belinda Beck's work on weightlifting, and all of weightlifting, and all of these studies these studies show show show how important it is to how important it is to load, load, load, strengthen bones, and strengthen bones, and move. Even move. Even Dr. Sinaki, who Dr. Sinaki, who conducted the original conducted the original research in 1984,,, said before she retired, "Don't said before she retired, "Don't be afraid to move." be afraid to move." She knew how She knew how important movement was. So, important movement was. So, this is evolving. And this is evolving. And having that understanding of having that understanding of how to read how to read

research and really analyze it was a analyze it was a real gift.

So combining So combining physiotherapy with the physiotherapy with the Gyrotonic method has been Gyrotonic method has been extremely beneficial extremely beneficial for my clients and for my clients and patients.

patients. Okay, let's move on to the Okay, let's move on to the next part, next part, because I met because I met Justin a couple of years Justin a couple of years ago at an annual bone health and bone health and osteoporosis meeting that we osteoporosis meeting that we go to. You go to.

Adapting Gyrotonic methods for osteoporosis

You were a speaker this year, so you were a speaker this year, so you have a narrow have a narrow specialization in specialization in osteoporosis, and in osteoporosis, and in your clinic in your clinic in Washington, you Washington, you work with doctors, work with doctors, that's your business, and that's where that's your business, and that's where everyone refers everyone refers patients. So, why don't patients. So, why don't you tell me how it you tell me how it came about that you came about that you got into got into got into osteoporosis and then osteoporosis and then took this method and took this method and found a way found a way to make some to make some modifications so that it modifications so that it became effective became effective for treating for treating osteoporosis and osteoporosis and bone health as well.

So, that's my story of how I met osteoporosis. It so happened that I happened that I started to started to delve deeper into bone health, and in 2007 bone health, and in 2007 there was there was a symposium in California, and the then a symposium in California, and the then -CEO, -CEO, -CEO, Madhav Erso, Madhav Erso, contacted me because contacted me because the conference was the conference was about about about osteoporosis and osteoporosis and scoliosis. At that time, I had just scoliosis. At that time, I had just finished finished finished training to become a training to become a physiotherapist. I physiotherapist. I ran to the ran to the National National National Institutes of Health, Institutes of Health, which is right which is right in Bethesda, here in in Bethesda, here in Washington. This is one of the Washington. This is one of the best libraries, best libraries, and I have read every and I have read every study on study on exercise and exercise and osteoporosis. Even osteoporosis. Even then, there was a lot of then, there was a lot of research, not research, not enough, but a lot. So, I took all this. So, I took all this information and information and developed the developed the Gyrotonic app for treating Gyrotonic app for treating osteoporosis. I osteoporosis. I developed it, then developed it, then went back to went back to Juliu Horvat, Juliu Horvat, asked for his asked for his feedback, approval, and feedback, approval, and permission, and he added even permission, and he added even more interesting more interesting points to it. And since points to it. And since 2008, I have been teaching it to 2008, I have been teaching it to Gyrotonic instructors around the Gyrotonic instructors around the world. And it world. And it was an incredible was an incredible journey. I have worked journey. I have worked in Taiwan, in Taiwan, Hong Kong, and Hong Kong, and Singapore, and each Singapore, and each country has its own country has its own unique unique unique bone health needs.

.. There is definitely a There is definitely a commonality around the world that commonality around the world that we all need: impact we all need: impact load, balance, load, balance, mobility, but there are mobility, but there are unique needs unique needs for each country, which for each country, which I find I find fascinating. So how did I fascinating. So how did I meet Dr.

meet Dr. Andrea Singer, who Andrea Singer, who works on the third works on the third floor? We floor? We are on the are on the second floor in an second floor in an area called area called Glover Park, upper Glover Park, upper Georgetown, and she is one Georgetown, and she is one floor above us. The floor above us. The National National National Osteoporosis Foundation, as it was Osteoporosis Foundation, as it was formerly called and is formerly called and is now the now the Bone Health and Bone Health and Osteoporosis Foundation, provided Osteoporosis Foundation, provided assistance to assistance to support groups. We support groups. We started a started a support group in 2008, support group in 2008, we needed a we needed a medical director, and medical director, and they recommended they recommended Dr. Singer. That's when Dr. Singer. That's when I met I met Dr. Singer, and Dr. Singer, and she spoke at she spoke at several of our first several of our first support groups. Back then, support groups. Back then, everything was in everything was in person, at first there person, at first there were about four were about four people, then eight, people, then eight, then 10. And during COVID- 19, when we went

19, when we went online, now we have online, now we have about 80-85 about 80-85 people coming to us, and it's great, people coming to us, and it's great, so I want to so I want to promote the promote the support groups a little. They are support groups a little. They are extremely important extremely important for receiving for receiving personalized personalized personalized advice. You know, people advice. You know, people are looking for answers about what are looking for answers about what they should do: take they should do: take medication or not, and medication or not, and they get these they get these little pieces of advice like, " drink lots of water, it drink lots of water, it helps with helps with body aches," or "regarding body aches," or "regarding

Tymlos: it has to be

Tymlos: it has to be taken taken taken daily, so keep that in mind daily, so keep that in mind if you like if you like to travel." You know, these are things you, these are things you might not learn about might not learn about during a 15-minute during a 15-minute visit to the doctor.

visit to the doctor. So, support groups So, support groups and communities like yours, and communities like yours, like Happy Bones—it's like Happy Bones—it's just incredible. You just incredible. You will learn so much will learn so much that you won't that you won't get in a 15- minute minute minute doctor's appointment. You know, doctor's appointment. You know, doctors do their doctors do their best, but they don't have much time best, but they don't have much time. That's why I. That's why I highly recommend such highly recommend such communities. This is really communities. This is really important.

important. important. Yes, we are important. I Yes, we are important. I continue to do this, continue to do this, but but but No, but I think it's a No, but I think it's a very valid very valid point, because point, because no one should have to go no one should have to go through this alone. And I through this alone. And I think that's what think that's what community is all about: we community is all about: we push each push each other, we help other, we help each other, and we each other, and we support each other, because support each other, because when you do it in a when you do it in a group, everything changes. That's why I have a. That's why I have a membership, that's why I membership, that's why I do everything I do, because I find it, because I find it extremely valuable.

extremely valuable. So, that's how you So, that's how you started taking all started taking all these osteoporosis patients that Dr. Singer was sending you Dr. Singer was sending you. How did you. How did you end up in the same end up in the same building? Was it building? Was it just a coincidence?

just a coincidence? It was a coincidence. So she's at Georgetown Medical Center, they Georgetown Medical Center, they just rented just rented the floor above us, and we did the floor above us, and we did n't even know it at the time n't even know it at the time, and all of a sudden,, and all of a sudden, because I also because I also refer patients refer patients to her… You know, I to her… You know, I don't prescribe medication or don't prescribe medication or DEXA scans, so DEXA scans, so they go to her, and they go to her, and she does TVS tests, so I tests, so I send people send people there, and we just there, and we just realized she's on the floor realized she's on the floor above, it's above, it's just incredible.

She knows I'll want to She knows I'll want to see the results of the see the results of the DEXA scan, TVS tests, and everything else, tests, and everything else, so she faxes it in so she faxes it in before the before the appointment. I appointment. I mean, it was such a mean, it was such a great collaboration.

How fantastic is it, How fantastic is it, you know, for a physical you know, for a physical therapist to be therapist to be able to able to communicate directly with communicate directly with the doctor that you're the doctor that you're working with, it's just working with, it's just wonderful. So, wonderful. So, back to back to Gyrokinesis. So what did Gyrokinesis. So what did you discover?

you discover? What issues are you What issues are you working on that working on that maybe you didn't maybe you didn't get the get the results you wanted with results you wanted with regular regular regular physical therapy, but physical therapy, but found that this found that this Gyrokinesis and, you know, Gyrotonics really, Gyrotonics really helped.

helped. helped. Many things, but one Many things, but one thing I love about thing I love about Gyrotonics and Gyrotonics and Gyrokinesis is the movement in Gyrokinesis is the movement in space. So sometimes space. So sometimes you can do this you can do this with other systems too, with other systems too, but like, Yeah, show us.

Yeah, show us. You know, this, you know, this is You know, this, you know, this is not what I do. not what I do. Often, you know, I Often, you know, I have a guest and I physically have a guest and I physically do it, for example, next to them, but it's not something, next to them, but it's not something I do myself. But I do myself. But every person I every person I know who does it know who does it just raves just raves about how it's the best about how it's the best thing in the world. So thing in the world.

Using resistance and movement to improve mobility safely

So great. So this is a great. So this is a Gyrotonics tower, and I Gyrotonics tower, and I just saw just saw a patient 10 minutes a patient 10 minutes ago on Zoom, and she has a ago on Zoom, and she has a tower. So we can tower. So we can do many of do many of these exercises. And because what I'll these exercises. And because what I'll do, for example, with do, for example, with her—I can her—I can touch the straps, touch the straps, we can walk we can walk forward and shift forward and shift weight in different weight in different directions, and the tower is directions, and the tower is always there for always there for safety. So if safety. So if she loses her she loses her balance, she can balance, she can grab onto the tower.

grab onto the tower. I usually do this I usually do this in person with the patient, in person with the patient, so I'm putting so I'm putting them on the safe side. I'm standing right next to them on the safe side. I'm standing right next to them. But them. But being able to being able to being able to carry weight in carry weight in space with resistance space with resistance can help with can help with balance, balance, balance, agility, and agility, and mobility. Another mobility. Another thing we often thing we often do is do is postural postural postural reeducation. That is, how to reeducation. That is, how to stretch the spine stretch the spine during functional during functional exercises. For example, exercises. For example, if you have if you have lower straps secured, and we lower straps secured, and we do that a lot in do that a lot in geriatric geriatric geriatric applications for applications for osteoporosis. So, having osteoporosis. So, having said that, I want to said that, I want to remind you: if you remind you: if you are going to are going to are going to try the try the try the geriatric method and geriatric method and you have osteoporosis, you have osteoporosis, please please please make sure the make sure the specialist specialist specialist is certified in is certified in geriatric geriatric osteoporosis so they osteoporosis so they know what modifications to know what modifications to apply to you.

But with resistance, you But with resistance, you can often… without can often… without resistance I could resistance I could squat down to here, squat down to here, but with resistance I can but with resistance I can go into a deeper go into a deeper range. And I can range. And I can practice lifting.

practice lifting. So if I lose my So if I lose my balance and reach balance and reach what I call what I call the point of no return, the point of no return, you can you can recover from that recover from that position because position because you have trained your you have trained your tissues to do so.

So the block system So the block system allows you to enter a allows you to enter a deeper range. deeper range. I just need to I just need to get down here. Um, get down here. Um, another thing I'm another thing I'm doing is doing is working on the working on the mobility aspect again. So, you mobility aspect again. So, you can can can use very use very light weight. The light weight. The block system reduces block system reduces the load so you the load so you can move in a can move in a greater range.

So often we So often we do exercises with an do exercises with an elongated spine and elongated spine and soft knees, and soft knees, and that's an active range that's an active range without excessive pressure.

So this is a safe So this is a safe rotation. So, I rotation. So, I use my use my muscles to go muscles to go through my range, through my range, preparing my body for preparing my body for some rotational some rotational activity. So, if activity. So, if we have people who we have people who like to play tennis like to play tennis or pickleball, we have or pickleball, we have people with osteoporosis people with osteoporosis who like to ride who like to ride

horses. So we horses. So we try to do try to do everything we can to everything we can to prepare those prepare those bones for that bones for that level of loading over level of loading over time, within a certain time, within a certain range and range and mobility. So we mobility. So we can perform can perform rotational movements in rotational movements in space, and often space, and often falls happen falls happen when you turn. A when you turn. A friend calls your friend calls your name, you name, you turn around, and your turn around, and your weight shifts to a weight shifts to a limb that might limb that might not be ready for it not be ready for it, right? Or, right? Or maybe you're maybe you're turning and your foot turning and your foot gets stuck on a rock and gets stuck on a rock and you need to quickly you need to quickly adjust your adjust your adjust your weight transfer. So weight transfer. So it requires more it requires more mobility than we mobility than we sometimes think, sometimes think, right? You must have right? You must have enough enough enough hip flexion and internal hip flexion and internal rotation to catch rotation to catch yourself at this point. So this is yourself at this point.

Training balance, hip mobility, and getting on and off the floor

So this is one way to one way to mobilize the spine in a mobilize the spine in a greater range greater range and gradually and gradually add weight. Another add weight. Another option we option we have is more have is more hip mobility.

So, um, with So, um, with the use of Gyrotonic the use of Gyrotonic for osteoporosis, we're for osteoporosis, we're clearing the bench. Um, clearing the bench. Um, that's where the resistance goes. So it that's where the resistance goes. So it 's a cable system.

Um, and the nice Um, and the nice thing about this thing about this type of resistance, I mean type of resistance, I mean, using the, using the floor, is that floor, is that we can we can teach people teach people to get up off the to get up off the floor and lay down on floor and lay down on it, which we know it, which we know is really important for is really important for fall prevention, right? So, um,, right? So, um, the fear of falling is the the fear of falling is the risk of falling, as risk of falling, as opposed to just opposed to just risk. Therefore, practicing risk. Therefore, practicing safe lifting from safe lifting from and lowering and lowering to the floor goes a long way toward to the floor goes a long way toward preventing the preventing the fear of falling. So in the fear of falling. So in the DART DART DART osteoporosis program, we osteoporosis program, we usually usually usually use use use the floor. Um, not everyone the floor. Um, not everyone lies on the floor on the lies on the floor on the first day, first day, right? We are gradually right? We are gradually moving towards this. There is a bench, moving towards this. There is a bench, so we teach people how to so we teach people how to safely sit on safely sit on it and get off it in it and get off it in case you are not case you are not using using using the floor. So, we're on the floor. So, we're on the floor. Sorry.

And we are going to bed. We can. We can use use use top or bottom top or bottom straps. Here I straps. Here I usually help usually help the person, put the straps on them the person, put the straps on them, but they, but they can also Okay.

So, here we are. Now, since So, here we are. Now, since you've you've you've been to been to Marmi's classes before, you may have Marmi's classes before, you may have done something that done something that will be repeated in will be repeated in Thursday's class— sliding your heels across the sliding your heels across the floor. This helps floor. This helps engage the hip flexors engage the hip flexors. You can. You can see the required see the required range of motion in the range of motion in the ankle ankle ankle joint and joint and extension. So if extension. So if you are stuck in you are stuck in hip flexion, it hip flexion, it will create additional will create additional stress on the stress on the lumbar spine lumbar spine. We can. We can work with this work with this range. I range. I mentioned mentioned mentioned squatting, the squatting, the flexion flexion flexion and extension required for and extension required for squats and lifts, squats and lifts, so we can so we can work with that work with that range and then range and then articulate the foot. I articulate the foot. I know Margie know Margie mentioned the mentioned the importance of the big importance of the big toe in one toe in one of her podcasts, of her podcasts, right? You can right? You can work on work on the range without the range without much pressure.

Because there's only gravity at work here Because there's only gravity at work here, and you, and you can start can start working on working on foot articulation, foot articulation, foot awareness, foot awareness, it's called " bicycle,"

and then bicycle," and then "bicycle" again. And that's "bicycle" again. And that's when lower when lower back stability becomes very back stability becomes very important. The ability important. The ability to stabilize the to stabilize the to stabilize the lumbar spine lumbar spine during during during lower lower lower limb activity. This gives you limb activity. This gives you hip extension, hip extension, hip flexion, hip flexion, knee extension, knee extension, ankle lift, and ankle lift, and swimming. We can swimming. We can do all kinds of things.

do all kinds of things. Julie Warbock Julie Warbock was also a gymnast, but was also a gymnast, but you can see you can see a bit of a similarity in a bit of a similarity in swimming. Yes? We have swimming. Yes? We have leg movements here like in leg movements here like in breaststroke. In any case, these are any case, these are several options. And several options. And yes, we teach how to yes, we teach how to safely get on safely get on and off the floor and off the floor, whatever that may be, and, whatever that may be, and perhaps modifications perhaps modifications to suit your to suit your individual individual individual needs. I wanted to needs. I wanted to take a quick take a quick break to break to invite you to a invite you to a free online class called "Strong class called "Strong Bones for Life," Bones for Life," four keys to four keys to stronger, stronger, stronger, healthier bones at healthier bones at any age. If any age. If you have osteoporosis or you have osteoporosis or osteopenia and osteopenia and want to know what want to know what you can do to you can do to improve your improve your bone health, I'll talk bone health, I'll talk about the four areas that I about the four areas that I think think think matter most: matter most: root causes and root causes and screening, exercise, screening, exercise, nutrition, and nutrition, and stress reduction. I'll stress reduction. I'll show you what tests to show you what tests to ask your ask your doctor for, important doctor for, important nutritional concepts nutritional concepts and supplements, types of and supplements, types of exercises that will help exercises that will help strengthen your bones while strengthen your bones while protecting your spine, and protecting your spine, and practical steps you practical steps you can start taking can start taking immediately. The next immediately. The next class will be held class will be held on Tuesday, September 8th on Tuesday, September 8th at 12:00 PM Eastern at 12:00 PM Eastern Daylight Time, and it is Daylight Time, and it is completely free. If you can't. If you can't attend the attend the live broadcast, live broadcast, register anyway, as register anyway, as everyone will receive a recording.

everyone will receive a recording. And if you're listening to And if you're listening to this episode later, this episode later, check the description for check the description for the date of my the date of my next class, " Strong Bones for Strong Bones for Life." I would be happy Life." I would be happy if you would join if you would join me. Okay, me. Okay, back to the back to the episode. So, this is episode. So, this is exciting, it looks exciting, it looks fantastic. That is, fantastic. That is, for someone who for someone who really has a hard time doing this, really has a hard time doing this, you get you get help at the help at the initial stage. Is that initial stage. Is that so?

so? so? Right. Yes. We Right. Yes. We start by start by determining the range of determining the range of motion, stability, motion, stability, and core muscle strength and core muscle strength required to required to perform these exercises.

And you'll see in And you'll see in Thursday's class that Thursday's class that we just start with we just start with breathing. We know breathing. We know how important how important breathing is for posture breathing is for posture and and and uprightness, as we uprightness, as we call it in the call it in the Gyrotonic method. So, we just Gyrotonic method. So, we just start with breathing start with breathing and very light movements and very light movements in the chair, and we in the chair, and we adapt to what adapt to what you come to us with you come to us with. I just. I just remembered that I saw remembered that I saw the patient about 10 the patient about 10 minutes ago because I knew minutes ago because I knew this would happen. I this would happen. I asked, "What do you asked, "What do you think think think helped you about Gyrotonic?" She is 82 years old, lives in the She is 82 years old, lives in the community, and she community, and she said, "You know, I said, "You know, I walk much walk much faster and with a wider faster and with a wider stride than my stride than my peers." She peers." She also added, "I also added, "I feel more confident feel more confident in my movements." This is her in my movements." This is her experience, even though she has experience, even though she has emphysema, so her emphysema, so her cardiovascular or cardiovascular or rather lung rather lung capacity is a little capacity is a little limited, but she limited, but she still has become still has become more agile, can more agile, can work in the garden, work in the garden, walk the dog and walk the dog and do all that. And this is what do all that. And this is what she notices in she notices in her body as a her body as a result.

result. result. Oh, I Oh, I like that. And at like that. And at what point does it what point does it come together: do you come together: do you start it together with start it together with strength strength strength training when training when you work with people you work with people individually in the individually in the clinic?

clinic? clinic? Yes, yes. So, we have Yes, yes. So, we have different programs. We different programs. We have a program to have a program to strengthen bones. This is a strengthen bones. This is a four-week four-week four-week program to program to get you started with strength get you started with strength training, where we training, where we introduce the introduce the introduce the proprioceptive proprioceptive proprioceptive benefits of the Gyrotonic method. Just so you know,. Just so you know, I practice what I I practice what I preach.

preach. preach. I have barbells, I have barbells, kettlebells, and weights here, as well as kettlebells, and weights here, as well as all the equipment for all the equipment for Gyrotonic. So, it is possible Gyrotonic. So, it is possible to do strength to do strength training with the training with the Gyrotonic method, but most Gyrotonic method, but most people reach their limits.

people reach their limits. What does this mean? So, What does this mean? So, if you're doing a if you're doing a pound squat, we can pound squat, we can adapt that using the Gyrotonic method. But as you Gyrotonic method. But as you progress, and progress, and progress, and progress, and progress, and progress, and get to about get to about 30 pounds, we 30 pounds, we really need to really need to transition you to transition you to weights and strength weights and strength training that training that require or require or allow other allow other forms, I would say. So yes forms, I would say. So yes, that's exactly what we, that's exactly what we do. We do. We use the use the Gyrotonic method to help Gyrotonic method to help people begin people begin practicing Gyrotonic for practicing Gyrotonic for osteoporosis, which can osteoporosis, which can tremendously strengthen the tremendously strengthen the hips in all hips in all ranges, especially the femoral ranges, especially the femoral neck. And then neck. And then we start to we start to introduce introduce introduce greater and greater greater and greater loads through loads through strength strength strength training. Now, training. Now, if someone comes in if someone comes in and, let's say, has already and, let's say, has already done CrossFit, done CrossFit, or maybe or maybe worked with a trainer and worked with a trainer and got injured, we got injured, we can can can use that use that more as a more as a rehab with rehab with a physical therapist to a physical therapist to support what support what they're doing in their they're doing in their strength training.

So, we can act in So, we can act in different ways, and different ways, and it depends on the it depends on the person's level of activity person's level of activity when they arrive, on when they arrive, on what what what stage they are at.

stage they are at. So, So, So, you see, because I, like you see, because I, like I said, strength I said, strength training is very training is very important. Everyone important. Everyone knows this and many knows this and many people do it on people do it on their own, although their own, although sometimes, unfortunately, they sometimes, unfortunately, they need that need that mobility and mobility and need need need physical therapy. You know, physical therapy.

Avoiding injury: why too much too soon can backfire

You know, I think sometimes everyone I think sometimes everyone wants to do something, and sometimes there are problems that arise and they problems that arise and they need it. But have need it. But have you seen people you seen people skip this skip this mobility element mobility element and go straight and go straight to strength training, to strength training, and…and they have and…and they have some problems?

some problems? Yeah, you know, I Yeah, you know, I find it find it fascinating. When I fascinating. When I first started first started strength strength strength training in training in 1996, I was the only 1996, I was the only woman in the gym. I mean, I woman in the gym. I mean, I was almost the only was almost the only person who person who worked out with weights with the worked out with weights with the guys, and guys, and it was fun, but it was fun, but now it's so now it's so exciting. I go in exciting. I go in and I see people of all and I see people of all ages, and, you know, ages, and, you know, a lot of women with a lot of women with barbells, and I'm just thrilled barbells, and I'm just thrilled by it. With by it. With that in mind, I that in mind, I get a lot of get a lot of referrals from

people referrals from people who got injured at the who got injured at the gym because they just gym because they just thought they could thought they could start right away. I truly start right away. I truly believe that the biggest believe that the biggest risk is too much too risk is too much too soon. This is what soon. This is what causes injuries.

causes injuries. This usually This usually applies to, you know, the applies to, you know, the typical " typical " weekend warriors" or weekend warriors" or those who come in and those who come in and take on too much take on too much weight. And how you, Margie, weight. And how you, Margie, you focus on you focus on alignment and alignment and technique, you know, that's technique, you know, that's so important to learn.

so important to learn. And what I love And what I love about this about this four-week four-week four-week course, it's four course, it's four weeks, twice a weeks, twice a week, is that week, is that you build you build confidence in confidence in strength training strength training and understand what it and understand what it means for your means for your body, your body, your individual body. Of course, you won't. Of course, you won't build bone build bone mass in 4 weeks. It's a mass in 4 weeks. It's a lifelong commitment lifelong commitment, but it's, but it's enough to enough to build confidence build confidence and get a feel for the correct and get a feel for the correct posture to begin posture to begin strength training.

Here's how we Here's how we implement it in Elements. I have been fortunate Elements. I have been fortunate to attend to attend Gyrotonic studios and other Gyrotonic studios and other movement studios like Pilates movement studios like Pilates to add strength to add strength training to their training to their programs. This was very programs. This was very helpful. I've worked at helpful. I've worked at a few studios, and the a few studios, and the combination of combination of combination of mindful movement with mindful movement with strength strength strength training training training just feels just feels great. It's truly great. It's truly incredible to see.

incredible to see. So, I don't know if So, I don't know if I answered your I answered your question, but it's question, but it's Yes, no, no, it's fine.

Yes, no, no, it's fine. So, for those of you So, for those of you listening, listening, listening, first tell us where you first tell us where you are.

are. are. I am located in I am located in Washington, DC Washington, DC. The neighborhood. The neighborhood is called Glover Park, but most people Park, but most people know it as Upper Georgetown. Or if Georgetown. Or if you know the you know the National Cathedral, National Cathedral, if you've ever seen a if you've ever seen a presidential presidential presidential funeral, this is it.

We are We are about a mile and a half about a mile and a half from there. This is from there. This is our location. our location. Oh, that's great. And also, as Oh, that's great. And also, as you said, if you said, if people are interested in Gyrotonic people are interested in Gyrotonic or Gyrokinesis, they need to or Gyrokinesis, they need to work with a work with a certified certified certified specialist who is also specialist who is also certified in certified in osteoporosis. How do they osteoporosis. How do they find such people? Is find such people? Is there any resource, or do I there any resource, or do I have to ask have to ask in person?

in person? That's a great question. You can ask, You can ask, but you can also go but you can also go to gyrotonic.com, find to gyrotonic.com, find a location and a trainer, and a location and a trainer, and there will be a list of all the there will be a list of all the courses and refresher courses they have taken, where you, where you can see if can see if they have taken the they have taken the Gyrotonic program for Gyrotonic program for osteoporosis. This way you osteoporosis. This way you will be confident in will be confident in their competence. This is an. This is an evidence-based program.

evidence-based program. As I said, while As I said, while developing the developing the program, I read program, I read every study and every study and try to keep up with try to keep up with new data. There's new data. There's a lot of a lot of material coming out now, but yes, material coming out now, but yes, you can you can view it on the website.

view it on the website. You can also You can also write to me or write to me or my team. I would be my team. I would be happy to recommend happy to recommend someone. There someone. There are many people around the world are many people around the world who have undergone this who have undergone this training. It looks like training. It looks like you're in New Jersey.

you're in New Jersey. I'm not sure about New Jersey I'm not sure about New Jersey, but there are plenty in New York—from York—from York—from Albany to Valhalla Albany to Valhalla and the city itself, which has and the city itself, which has Gyrotonic trainers and osteoporosis programs. So, osteoporosis programs. So, you will usually you will usually find them.

find them. Yes, I'm thrilled that you're Yes, I'm thrilled that you're coming to our coming to our class. There are a few a few days left until this video is released, so why do days left until this video is released, so why do n't I tell you a little bit n't I tell you a little bit about what you'll about what you'll be doing, since this is an be doing, since this is an online program. So, what will you teach,, what will you teach, of course, without of course, without simulators or simulators or equipment, but you equipment, but you will do " Gyrokinesis"?

Gyrokinesis"? Do you want Do you want to talk a little about this? to talk a little about this? Or will you do mobility exercises that mobility exercises that you can teach other you can teach other people? Yes.

people? Yes.

Breathing, pelvic floor, and safe movement foundations

Yes. Yes. So Gyrokinesis Gyrokinesis Gyrokinesis starts in a starts in a chair, and we're chair, and we're going to work a little bit on something going to work a little bit on something called called called pelvic tapering—it's a pelvic tapering—it's a way of Gyrokinesis to Gyrokinesis to teach lumbar teach lumbar stability or stability or core muscle activation so that we can find so that we can find that lengthening. So that lengthening. So when we do when we do soft soft soft mobility exercises, you can mobility exercises, you can check for yourself whether you're check for yourself whether you're maintaining that maintaining that extension. We have a extension. We have a few tips on how to few tips on how to maintain this. We'll maintain this. We'll start with that and start with that and then add some then add some breathing. Breathing breathing. Breathing helps helps helps stimulate the stimulate the pelvic floor muscles. So, pelvic floor muscles. So, as we work with as we work with osteoporosis and osteoporosis and start adding start adding more weight, it's more weight, it's important to have a flexible, important to have a flexible, agile, and activated agile, and activated pelvic floor, especially pelvic floor, especially when jumping.

So we So we start right away with easy start right away with easy breathing to get everything breathing to get everything working. Then we'll working. Then we'll move to the floor, move to the floor, and Marnie, my colleague, and Marnie, my colleague, used to lead a used to lead a "Dancercize" class for "Dancercize" class for osteoporosis patients, osteoporosis patients, and she did and she did exercises on the floor. I exercises on the floor. I will repeat some of will repeat some of what will help to safely what will help to safely lengthen the spine, lengthen the spine, provide mobility to the provide mobility to the spine, hips, and spine, hips, and feet. It feet. It will look will look will look something like what I something like what I just showed, but just showed, but without the equipment. Then without the equipment. Then we'll get on our hands and we'll get on our hands and knees, because, as you knees, because, as you know, the three main know, the three main areas of fracture are the areas of fracture are the spine, the hip, and the spine, the hip, and the wrist. So we're going to take a breather wrist. So we're going to take a breather and do some and do some wrist rolls. If your body can. If your body can handle it, we also…

well, I'll show you a few well, I'll show you a few modifications. modifications. modifications. At the end, we At the end, we will stand will stand up and do what are up and do what are called "shiva" called "shiva" and balancing exercises, which and balancing exercises, which again again again involve breathing and involve breathing and proprioception. We will proprioception. We will also move on to also move on to mobility exercises mobility exercises for other parts of the body. This is very fun.

. This is very fun. I hope you I hope you will join us. will join us. Yes, I am so Yes, I am so excited. So, excited. So, why would you…because now why would you…because now everyone is saying, "Oh everyone is saying, "Oh my

god." Why not, because there is my god." Why not, because there is something people can something people can do? Can you do? Can you show us one show us one simple thing for those simple thing for those who are looking and thinking, who are looking and thinking, “Oh my God, I “Oh my God, I need this need this mobility. I'm so mobility. I'm so stuck." Why don't I stuck." Why don't I show you one exercise show you one exercise that people can that people can adopt, because yes.

adopt, because yes. Glad. So, just Glad. So, just sit on the stool. sit on the stool. Can I Can I use a use a use a chair if I don't have a chair if I don't have a stool?

stool? stool? Yes, you can Yes, you can use a use a use a chair. It's okay if chair. It's okay if it doesn't have it doesn't have armrests, but armrests, but any will do. I any will do. I want you to want you to press your feet into press your feet into the floor, lengthen your the floor, lengthen your spine, and then spine, and then relax.

relax. Take a breath. Exhale, press Exhale, press your feet into the floor and your feet into the floor and feel your feel your spine stretch. And relax. We will do it again.

. We will do it again. Breathe in, Breathe in, relax. relax. Exhale, press Exhale, press into the floor and into the floor and extend your spine. And extend your spine. And good. Now let's add good. Now let's add some rotation, some rotation, active rotation.

active rotation. So, you breathe in, you So, you breathe in, you relax. relax. Exhale, extend your Exhale, extend your spine, maintain this spine, maintain this extension, extension, extension, turn around, turn around, look back, look back, return to return to center, and inhale.

Exhale, Exhale, stretch. stretch. Turn the other Turn the other way. Look what's behind way. Look what's behind you. you. you. We return to the We return to the center. And relax. One more time in. One more time in each direction. Exhale each direction. Exhale to extend and to extend and return. Center. And return. Center. And exhale, exhale, exhale, stretch, and stretch, and come back. Your come back. Your hands just hands just rest softly on your knees. And rest softly on your knees. And return to the return to the center. Let's do one center. Let's do one last thing. Place your last thing. Place your legs in a comfortable, slightly legs in a comfortable, slightly open position.

open position. If your If your shoulders allow, stretch shoulders allow, stretch up. Inhale and up. Inhale and reach for the sky. Expand your lungs. Expand your lungs.

Give them plenty of Give them plenty of space. And then space. And then exhale. Just exhale. Just lower your hands. lower your hands. Let's do the same on the Let's do the same on the other side. Take a other side. Take a deep breath, deep breath, reach for the sky.

As when yawning, and As when yawning, and exhale. And one more exhale. And one more time in each time in each direction to finish. direction to finish.

Breathe up. Yawning train. And Yawning train. And relax. relax. One last time, One last time, breathe up. Yawn, maybe a little more Yawn, maybe a little more. And exhale.

Just rest for Just rest for a moment and feel what it's like to sit up straight. to sit up straight. Maybe it Maybe it feels a little feels a little easier than before.

Wow, that Wow, that feels great, Justin. I feels great, Justin. I think the main think the main concepts are concepts are extraction. We do not extraction. We do not compress the spine or compress the spine or apply excessive pressure apply excessive pressure during rotations. We during rotations. We do this because, do this because, in reality, to in reality, to drive a car or drive a car or do anything, we do anything, we need mobility.

need mobility. So when we learn to So when we learn to do it in the do it in the pull-up position, it's so pull-up position, it's so wonderful and safe. And I wonderful and safe. And I think this is a very think this is a very important

concept that everyone should know about. Plus, everyone should know about. Plus, I like it I like it when you just sit when you just sit and press your feet against the and press your feet against the floor. Most floor. Most people don't people don't realize that this realize that this pressure lengthens the spine pressure lengthens the spine and improves posture— it's so simple, you can it's so simple, you can do it while you're do it while you're sitting, working at a sitting, working at a computer, or anywhere. So yes, these are great anywhere. So yes, these are great exercises. They are simply exercises. They are simply wonderful. And I think wonderful. And I think the concept of supporting the concept of supporting mobility is mobility is key. We don't key. We don't want to be strong, want to be strong, but constrained. We but constrained. We want to be strong, want to be strong, mobile, and mobile, and flexible. This is so flexible. This is so important. So, one of the things important. So, one of the things I like to I like to show is the Gyrotoner.

This is one way This is one way to adapt Gyrotonic movements to adapt Gyrotonic movements for people with for people with osteoporosis, as it osteoporosis, as it can be done standing up.

You can work You can work on your on your shoulder range of motion by carrying your shoulder range of motion by carrying your body weight. You body weight. You work both work both sides and then sides and then add a gentle add a gentle rotation of the spine, like rotation of the spine, like when we reach for the when we reach for the top shelf. Or top shelf. Or we raise our grandchildren.

So you can So you can engage your entire body in a engage your entire body in a supported position while supported position while safely working your safely working your shoulder joint.

The simulator works in The simulator works in all possible all possible directions: internal directions: internal rotation, external, rotation, external, cross movements—everything you cross movements—everything you need in life.

This is the most This is the most versatile versatile versatile simulator. All of this simulator. All of this equipment is equipment is equipment is extremely extremely extremely versatile. I versatile. I just wanted to just wanted to show Gyrotonic and how we show Gyrotonic and how we work, because you might have work, because you might have heard about "arching and heard about "arching and twisting." This is the twisting." This is the basic basic basic fundamental movement fundamental movement in Gyrotonic. We can in Gyrotonic. We can safely do these safely do these twists thanks to the twists thanks to the high high high carriage position.

Why individualized physical therapy can change lives

I like it I like it because when a person because when a person comes to class, comes to class, they can say, " This is what I do every day, This is what I do every day, and I have problems with this and I have problems with this, or this is where I, or this is where I feel stuck." So, working with you, So, working with you, Justin, or with someone in Justin, or with someone in your clinic, or with your clinic, or with another another another physical therapist, physical therapist, we can work on a we can work on a specific area specific area using this using this equipment and equipment and adapting it to the adapting it to the person's lifestyle.

This is just wonderful. This is just wonderful. Thank you. Thank you. We know from all We know from all the research that a the research that a unique, unique, unique, individualized individualized individualized program is program is the most effective.

the most effective. That's right. That's right. You That's right. That's right. You do everything you can, do everything you can, but if there's a way but if there's a way to go somewhere, it's to go somewhere, it's usually usually usually covered covered covered by insurance, right?

by insurance, right? Yes, it is Yes, it is reimbursed. Yes. reimbursed. Yes. Yes. Yes. That's where the Yes. Yes. That's where the beauty lies. Many beauty lies. Many people don't even people don't even realize that realize that physical therapy is physical therapy is just incredibly just incredibly beneficial. And again beneficial. And again, we're both, we're both physical therapists, physical therapists, so we're a little so we're a little biased, but the biased, but the truth is, truth is, people do get people do get better. And people just better. And people just don't

understand this.

don't understand this. They don't realize. They don't realize. So, thank you very much. But I So, thank you very much. But I also want you to also want you to share, because you've share, because you've been doing this for been doing this for quite some time. You quite some time. You know, your clinic is know, your clinic is overflowing with overflowing with osteoporosis patients. What did you osteoporosis patients. What did you notice? I would really notice? I would really like to hear it, because like to hear it, because it is so fascinating to me. I always enjoy it.

Client transformation stories

I always enjoy it when people listen to the when people listen to the podcast and then podcast and then implement these things, implement these things, but it's always interesting to but it's always interesting to hear what you've seen from hear what you've seen from people you've people you've worked with.

worked with. I love I love stories like this. We had stories like this. We had one woman one woman come in a few come in a few months ago and her months ago and her dog got sick.

She used to be very She used to be very worried about who would worried about who would pick up the dog and how pick up the dog and how to get it to to get it to the vet.

the vet. She now felt She now felt confident and knew confident and knew how to safely pick up how to safely pick up the dog, put it in the the dog, put it in the car, and take it to car, and take it to the vet. Things like that are really important.

We have another patient, We have another patient, because most people don't just because most people don't just come in with come in with osteoporosis, osteoporosis, osteoporosis, right? This could be right? This could be osteoporosis with osteoporosis with spondylolisthesis, spondylolisthesis, spondylolisthesis, sciatica, or sciatica, or shoulder pain. So, people shoulder pain. So, people recover from recover from injuries while injuries while strengthening their bones; strengthening their bones; We have a patient who We have a patient who is raising her is raising her grandchildren again and feels she grandchildren again and feels she can be an active can be an active participant in their participant in their upbringing. Every upbringing. Every Friday she picks up her Friday she picks up her grandchildren and feels grandchildren and feels confident. We had confident. We had someone who used to cycle to work, and we were cycle to work, and we were able to get them able to get them strong enough by strong enough by restoring their restoring their restoring their proprioception. They proprioception. They were cyclists before they met us. So it met us. So it wasn't easy, but we wasn't easy, but we got them back to got them back to driving safely, and that's a driving safely, and that's a great story. And great story. And we also mentioned we also mentioned horseback riding. It's a horseback riding. It's a conversation you conversation you have to have with those you have to have with those you work with, but we work with, but we can get can get people back to doing the things people back to doing the things they loved, and that's the they loved, and that's the most enjoyable part.

. So, aside from improving So, aside from improving bone health and everything bone health and everything else, ultimately, that's else, ultimately, that's exactly what we exactly what we want. We want want. We want to enjoy to enjoy to enjoy life. And I often life. And I often noticed that people don't noticed that people don't go to go to physical therapists. Did physical therapists. Did you notice that too?

you notice that too? People think, “Oh, I People think, “Oh, I just have to live with just have to live with this stuck this stuck shoulder. I am old. It's shoulder. I am old. It's just part of just part of getting older." And I always getting older." And I always tell people: “No, go tell people: “No, go to physical therapy. You to physical therapy. You don't have to live with this. " don't have to live with this. " Seek help from Seek help from a specialist, work on a specialist, work on this in parallel with everything this in parallel with everything else." And you know, else." And you know, later on they later on they look back and look back and say, "Wow, that was a say, "Wow, that was a real real real blessing, because I… my… my functionality functionality functionality got a lot got a lot better, that's what I better, that's what I noticed." I've seen noticed." I've seen people who receive this people who receive this diagnosis diagnosis diagnosis look back and look back and say, "This was the say, "This was the catalyst for so

catalyst for so catalyst for so many positive many positive changes in their lives." "Especially when it comes." "Especially when it comes to strength to strength training, exercises, training, exercises, etc." So for me, it's etc." So for me, it's all exciting, and I all exciting, and I get so happy get so happy when I hear that people when I hear that people are doing important are doing important exercises, and of course exercises, and of course other things, but the other things, but the exercise component is exercise component is just great.

And we have a database of And we have a database of DEXA scans where people DEXA scans where people are showing improvement, or at least, or at least maintaining or maintaining or improving their condition. It's improving their condition. It's incredibly nice, incredibly nice, but I feel like but I feel like people are better at noticing people are better at noticing changes in their changes in their daily lives daily lives than they are at a scan than they are at a scan that's done once or three that's done once or three times, you know, once a times, you know, once a year or once every two years. So while scanning. So while scanning is interesting, I think the is interesting, I think the daily activity is much more interesting.

is much more interesting. And the things you And the things you mentioned, like the mentioned, like the shoulder, you know? Go shoulder, you know? Go to physical therapy. Or to physical therapy. Or like incontinence: don't like incontinence: don't live with it, live with it, you know? You can, you know? You can, you can work with it you can work with it, and it can have a, and it can have a big impact on how often you go out how often you go out. And therein. And therein lies the reward: lies the reward: you can start you can start strength training and strength training and then hear other then hear other things, like, "Oh, things, like, "Oh, yeah, I don't go to the movies yeah, I don't go to the movies often because, you know, often because, you know, I have to go to I have to go to the bathroom." And then, there are the bathroom." And then, there are other things that other things that can affect can affect your life that your life that physiotherapy works with, physiotherapy works with, that that that specialists work with. So let's talk about let's talk about this, because this is something that this, because this is something that bothers me when people bothers me when people have good intentions, and there have good intentions, and there are a lot of are a lot of good good good exercise experts around, but for some reason, exercise experts around, but for some reason, Justin, I don't know why, Justin, I don't know why, not everyone engages their not everyone engages their pelvic floor muscles. And pelvic floor muscles. And for me, that's one of the for me, that's one of the first things you first things you have to learn, because have to learn, because if you're going to if you're going to start a start a strength training program, and strength training program, and this has happened, and it this has happened, and it frustrates me. I do frustrates me. I do Q& Q& Q& A sessions in my A sessions in my community, and people community, and people say, "You know, I've say, "You know, I've done all of that," and again done all of that," and again, they've, they've been to classes been to classes or something like that, but they or something like that, but they say they've done say they've done all the strength all the strength training, and now they're training, and now they're prolapsed, and it's all prolapsed, and it's all because they haven't because they haven't learned how to learned how to learned how to stabilize their bodies stabilize their bodies and work them effectively and work them effectively. And it. And it really upsets me, because really upsets me, because this could have been this could have been completely avoided, and completely avoided, and it's not that hard it's not that hard to learn, but it's to learn, but it's just necessary… Do just necessary… Do you see when you see when people come to you that they're missing that they're missing this particular component?

this particular component? I see this very I see this very often. We have already often. We have already discussed the phases of discussed the phases of osteoporosis, and now osteoporosis, and now we are in the impact we are in the impact and strength training phase, and strength training phase, and this is extremely and this is extremely important. But people don't important. But people don't pay attention to the fact that even the that even the Onar program and other great Onar program and other great programs have an 8- week preparation week preparation period. You can't period. You can't just do just do five five five sets of five sets of five reps at once, you know? It's the reps at once, you know? It's the same with our same with our programs and all programs and all others—your tissues others—your tissues must adapt must adapt to the load, to the load, intensity, and intensity, and frequency. And this, I would frequency. And this, I would say, is a slow say, is a slow process. Our process. Our tendons, you know, tendons, you know, bones are actually bones are actually very smart. They very smart. They heal quickly, but heal quickly, but tendons take tendons take forever. So you forever. So you have to take care of the have to take care of the tendons, and the pelvic tendons, and the pelvic floor is another set of floor is another set of muscles that has a muscles that has a central tendon, and it, like these muscles,, and it, like these muscles, also needs to be also needs to be prepared. So, prepared. So, go quietly—you will be further away. This is a journey of

a. This is a journey of a lifetime. Take your time lifetime. Take your time and move and move slowly. You slowly. You will achieve your goal. So, will achieve your goal. So, 100% yes, I see this often.

.. This saddens me. It's This saddens me. It's really upsetting. But really upsetting. But there is good news, and you there is good news, and you will demonstrate some of will demonstrate some of this in class, this in class, regarding the pelvic regarding the pelvic floor. And I think floor. And I think everyone should definitely everyone should definitely add this component, add this component, because we don't want because we don't want incontinence. Nobody incontinence. Nobody wants, nobody wants to wants, nobody wants to wear special wear special pads. Nobody…

You know, we won't have You know, we won't have to. This is good to. This is good news. So much news. So much can be done. There are can be done. There are simple things, you know, there are simple things, you know, there are simple steps that simple steps that you can implement you can implement that will really that will really help. So.

help. So. Certainly. Well, before Certainly. Well, before we… Oh, one more thing we… Oh, one more thing I'll say if you're I'll say if you're listening to this listening to this later, because often later, because often the advantage of podcasts is that the advantage of podcasts is that they they they remain remain remain accessible. A version of accessible. A version of this lesson this lesson will be will be available upon request. So don't available upon request. So don't worry. You worry. You can can can access it later.

access it later. But are there any other But are there any other recent highlights that recent highlights that we missed that we missed that you want to share?

you want to share? I think we've remembered everything. I think we've remembered everything. First of all, I want to First of all, I want to thank you, thank you, Margie. I mean, Margie. I mean, I've listened to I've listened to a lot of your a lot of your podcasts, the topics podcasts, the topics you've discussed are very you've discussed are very deep and important. And deep and important. And as you mentioned, as you mentioned, community is important community is important with this diagnosis, with this diagnosis, as with any as with any other, but other, but osteoporosis can be osteoporosis can be particularly frightening, particularly frightening, so it's important so it's important to support women and to support women and people in general, because people in general, because osteoporosis osteoporosis osteoporosis affects men too.

affects men too. You are doing an You are doing an extremely important extremely important job. So thank you. job. So thank you. I also thank you for everything you do. I am very you do. I am very pleased to pleased to meet you and meet you and look forward to look forward to your visit to your visit to add this element.

And that's great, I really And that's great, I really have to give you have to give you credit for Gyrotonic and credit for Gyrotonic and Gyrokinesis; you have personally Gyrokinesis; you have personally created a program that created a program that people with people with osteoporosis and osteoporosis and osteopenia can osteopenia can benefit from. This is benefit from. This is truly a wonderful thing truly a wonderful thing that you have done and that you have done and then spread around the then spread around the world. So world. So thank you. I think this is a thank you. I think this is a very serious very serious task, and it's task, and it's really impressive.

really impressive. Anyway, I can't Anyway, I can't wait to wait to see you in class, and thank you so much for being, and thank you so much for being here.

here. here. Thank you. I hope you I hope you enjoyed this enjoyed this interview and now you interview and now you understand what understand what Gyrotonic and Gyrokinesis are, but I Gyrotonic and Gyrokinesis are, but I think the most important thing is think the most important thing is to realize the importance of to realize the importance of mobility and mobility and why we need to why we need to maintain and maintain and develop it in develop it in addition to strength addition to strength training. I training. I liked the exercise liked the exercise Justin showed: Justin showed: you can you can practice practice practice pushing off with your pushing off with your pushing off with your feet off the floor, feet off the floor, extending your spine. This is extending your spine. This is very important and you very important and you can simply can simply use it in use it in your daily your daily

activities. I'm so activities. I'm so excited that Justin excited that Justin will be coming to my class, and you can, and you can join us too. I'll join us too. I'll leave a link in leave a link in the description for the release, and the description for the release, and if the time has already passed, that's no problem. This that's no problem. This will be an on- will be an on- demand class that you will still demand class that you will still be able to be able to purchase and purchase and view. So view. So thanks for listening, and I thanks for listening, and I look forward to seeing you look forward to seeing you in the next in the next episode.