Pilates + Strength Training for Osteoporosis | Dr. Lisa Grimmer Transcript

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Introduction: Pilates and strength training for stronger bones

Hi, this is Margie. Hi, this is Margie. I love sharing I love sharing great great great exercises with you, and that's exactly what exercises with you, and that's exactly what we're we're we're going to do today. We'll going to do today. We'll look at how to look at how to combine the best of combine the best of Pilates and strength Pilates and strength training. And I'm excited training. And I'm excited to introduce our to introduce our special guest, special guest, Dr. Lisa Grimmer, Dr. Lisa Grimmer, who is a physical who is a physical therapist with over 20 years of experience in years of experience in strength training strength training and movement. She and movement. She specializes in specializes in safe exercises safe exercises for osteoporosis and for osteoporosis and has completed comprehensive has completed comprehensive Pilates training.

Pilates training. Where it combines strength, Where it combines strength, balance, and balance, and functional movements. So it helps So it helps people strengthen their people strengthen their bones and move bones and move confidently. I met confidently. I met Lisa at a conference, Lisa at a conference, I really I really liked her liked her work, and I invited work, and I invited her to our community, where she ran a, where she ran a phenomenal phenomenal phenomenal program. And I said, program. And I said, "You know what?" You should "You know what?" You should come to my come to my podcast too, because I podcast too, because I think this information is think this information is important and can important and can help each of help each of us. And the most interesting thing is us. And the most interesting thing is that at the end she that at the end she will show three great will show three great exercises that you can exercises that you can do at home and do at home and get get get real benefits from them.

real benefits from them. So, there will be a lot of So, there will be a lot of useful information. useful information. Stay with us. Greetings, Lisa. So glad to Greetings, Lisa. So glad to see you here on the see you here on the podcast.

podcast. podcast. Thank you very much for Thank you very much for inviting me. I am inviting me. I am very happy to be here. very happy to be here. It was so nice, It was so nice, because Lisa recently because Lisa recently did a really did a really phenomenal class phenomenal class for our community, for our community, and after that, I and after that, I said, "You know what?" said, "You know what?" We need to We need to share this share this information with information with my my my podcast audience because podcast audience because I think there's I think there's a lot of confusion, and there are so many things people can do so many things people can do to improve their to improve their bone health, and Pilates is one of those one of those ways, especially when ways, especially when combined with strength combined with strength training. So I training. So I thought it would be thought it would be great to share great to share this information.

this information. So, thank you very much for being So, thank you very much for being here. here. here. Thank you again. Me, I Thank you again. Me, I love it, and, you know, love it, and, you know, the only thing I love the only thing I love more than moving more than moving myself is helping myself is helping other people move other people move safely and confidently.

safely and confidently. So this is a fantastic So this is a fantastic opportunity to help opportunity to help people do that. people do that. So, let's start from the So, let's start from the beginning. I think many people have heard of many people have heard of Pilates, and there are many Pilates, and there are many people who people who practice it. But why do practice it. But why do n't you tell us n't you tell us a little bit of the background a little bit of the background on Pilates, why you on Pilates, why you became so interested in it, became so interested in it, and why you think and why you think it's so useful as it's so useful as part of the part of the osteoporosis programs that you osteoporosis programs that you teach?

teach?

Why Pilates can benefit people with osteoporosis

Yes. So, Pilates was Yes. So, Pilates was originally originally originally started by started by started by Joseph Pilates Joseph Pilates actually as actually as rehabilitation rehabilitation rehabilitation medicine. He was medicine. He was bedridden, bedridden, bedridden, so the exercises he so the exercises he could do could do began in began in bed. Since then, it has bed. Since then, it has grown into grown into countless countless countless variations and species. I variations and species. I started doing started doing Pilates back in Pilates back in university, and I university, and I think my first think my first gift to myself gift to myself after graduation after graduation was Pilates classes.

I grew with I grew with him, becoming a him, becoming a personal personal personal trainer and physical trainer and physical therapist, and therapist, and saw incredible saw incredible results not only results not only for regular for regular patients, but also for those with osteoporosis.

osteoporosis. I believe that the emphasis on core stability and strength, as well as core stability and strength, as well as fundamental fundamental fundamental principles, is beneficial principles, is beneficial for all categories of for all categories of people.

people. people. I really I really like it. And what, like it. And what, besides the core muscles, do you besides the core muscles, do you think is the main thing that think is the main thing that Pilates Pilates Pilates emphasizes compared emphasizes compared to other types of exercises? What?

The power of mindful movement and core strength

What I like about Pilates is the conscious movement component. You really feel You really feel your muscles: whether it's your muscles: whether it's activating your core to activating your core to support your spine, support your spine, activating your hips for activating your hips for squats, or working your squats, or working your shoulder girdle.

shoulder girdle. There is a principle in Pilates There is a principle in Pilates that the secondary that the secondary source of strength is our source of strength is our shoulder girdle. This shoulder girdle. This helps us helps us properly properly properly stabilize and stabilize and activate our activate our shoulder muscles, which is shoulder muscles, which is extremely important extremely important when we move on to when we move on to heavy loads.

heavy loads. This is true. However, regarding This is true. However, regarding Pilates, there is a very Pilates, there is a very important point that is important point that is sometimes missed sometimes missed if you work with the if you work with the wrong specialists: there are wrong specialists: there are many principles, and many principles, and we need to we need to adapt the exercises adapt the exercises for people with for people with osteoporosis.

osteoporosis. osteoporosis. Can you share Can you share basic basic basic modifications for modifications for people with osteoporosis people with osteoporosis or osteopenia? I or osteopenia? I believe that everyone believe that everyone should do them should do them to avoid injuries.

to avoid injuries.

Pilates exercises that need osteoporosis modifications

You are absolutely right. You are absolutely right. About 80% of About 80% of Pilates programs… That means Pilates programs… That means 80% of the exercises are actually 80% of the exercises are actually not suitable for not suitable for people with osteoporosis.

That's a huge That's a huge amount of exercise. So, anything that involves, anything that involves aggressive lifting aggressive lifting or bending.

For example, in the For example, in the classic exercise " hundred", the back hundred", the back is pressed to is pressed to the floor and the chest the floor and the chest is raised in a twist.

But for my clients But for my clients with osteoporosis, we don't with osteoporosis, we don't use this use this position with the spine pressed to the floor. I spine pressed to the floor. I studied modern studied modern Pilates, and we Pilates, and we tend to work in a tend to work in a neutral neutral neutral spine position, which is the spine position, which is the position of your body when position of your body when you're just standing, right?

you're just standing, right? We study what a We study what a flat back is, but flat back is, but only as a starting point to find the to find the right posture.

Want to know Want to know why we avoid why we avoid rounding our backs? rounding our backs? I think many people… I think many people… Oh, yes, of course.

Oh, yes, of course. We can, you know, it We can, you know, it never hurts never hurts to emphasize the "why," to emphasize the "why," because when people just because when people just hear, "Oh, well, Lisa hear, "Oh, well, Lisa told me this, told me this, Margie told me Margie told me that." This doesn't work. But that." This doesn't work. But when we understand when we understand why, oh yeah, I don't want to why, oh yeah, I don't want to do that.

do that. Oh my God, you are so right, Oh my God, you are so right, and I am definitely one of those people and I am definitely one of those people who needs to know the who needs to know the reason before reason before making a decision.

Why spinal rounding can increase fracture risk

making a decision. So our spine, the way So our spine, the way it's arranged, it's arranged, we have a vertebra we have a vertebra in front and then a in front and then a spinous process spinous process in the back that points in the back that points downward, like these downward, like these transverse processes.

transverse processes. This looks like a pretty This looks like a pretty strange spine. But strange spine. But if you imagine the if you imagine the vertebral body being vertebral body being somewhere in front, it somewhere in front, it doesn't have what we doesn't have what we think of as our think of as our spine, you know, those spine, you know, those protruding parts protruding parts that go down that you that go down that you can feel and can feel and say, "Oh, that's my say, "Oh, that's my spine." But there's something spine." But there's something more, and there's more, and there's no bony no bony support in front, like we're support in front, like we're used to thinking of as a used to thinking of as a spine. This is just the body of spine. This is just the body of the vertebra, so when we the vertebra, so when we bend forward we bend forward we put a lot of put a lot of pressure on the vertebra, and pressure on the vertebra, and there is a risk of a there is a risk of a compression compression compression fracture if the fracture if the front of the front of the bone is compressed too much during rounding.

during rounding. Okay, and you know what? Okay, and you know what? I have a wonderful I have a wonderful little little little Oh, wonderful. a Oh, wonderful. a visual example visual example so they can see how a nice square, how a nice square, you know, ideally, like you know, ideally, like right here, is a nice right here, is a nice vertebral body. This is vertebral body. This is perfect. But what perfect. But what happens with happens with osteoporosis is where it's osteoporosis is where it's weakest—it's exactly what weakest—it's exactly what you said, you said, the front of the the front of the spine, and that's where we spine, and that's where we get fractures.

get fractures. So when we So when we bend forward, bend forward, all the force is on the all the force is on the front, and front, and they did they did a study at the a study at the Mayo Clinic that Mayo Clinic that showed that 89% of people showed that 89% of people who did only who did only forward bends had forward bends had fractures within 1 to 6 fractures within 1 to 6 years. So we, you know, years. So we, you know, nobody's going to nobody's going to replicate that replicate that study, but it's study, but it's so logical that so logical that we definitely don't want to we definitely don't want to do a huge do a huge amount of exercises that amount of exercises that emphasize emphasize emphasize rounding, rounding, rounding, forward bending, and putting forward bending, and putting pressure there. Okay, so, pressure there. Okay, so, so, okay, that's one so, okay, that's one thing. Is there anything else thing. Is there anything else we should avoid in we should avoid in Pilates for people with Pilates for people with There are a few other things.

Movements to avoid with osteoporosis

Yes. So, in addition to. So, in addition to rounding forward, there are rounding forward, there are some moves in Pilates where you bring your legs where you bring your legs behind your head. If behind your head. If you imagine, for example, the you imagine, for example, the plow pose in yoga, it's plow pose in yoga, it's kind of taking kind of taking our bending to the our bending to the extreme, right?

extreme, right? We definitely don't want to We definitely don't want to do this with our legs do this with our legs behind our heads. There is behind our heads. There is another well-known exercise that is also that is also considered a common considered a common exercise for strength exercise for strength training. We training. We think of it as something like think of it as something like " " bicycle" twists. In bicycle" twists. In Pilates we Pilates we call this "cross." Well, it combines Well, it combines twisting and twisting and bending at the same time, and bending at the same time, and this puts our this puts our vertebrae in a rather precarious vertebrae in a rather precarious position. The last position. The last exercise that comes to exercise that comes to mind is the one where we mind is the one where we lie on our stomachs.

lie on our stomachs. Depending on the degree of Depending on the degree of osteoporosis, there are exercises osteoporosis, there are exercises like the “swan” exercise, where like the “swan” exercise, where you roll onto your you roll onto your ribs and back. For ribs and back. For many people, this many people, this puts too puts too much pressure on much pressure on the front of the the front of the ribs and can also ribs and can also be dangerous.

be dangerous. So, let's So, let's talk about talk about Pilates from a Pilates from a bone density perspective and bone density perspective and what we can what we can do with strength do with strength training for those training for those who do who do Pilates. Are there any Pilates. Are there any restrictions? What have you restrictions?

Why Pilates alone may not provide enough stimulus

What have you discovered in all the years of discovered in all the years of experience you've had experience you've had with this? Yes, I think Yes, I think Pilates is great for Pilates is great for building a base, building a base, especially if someone is especially if someone is just coming off a course of just coming off a course of treatment. I treatment. I work in a work in a physical therapy clinic now, physical therapy clinic now, so I see a lot of so I see a lot of people who come in people who come in either with a new diagnosis, or who want to, or who want to improve their condition, improve their condition, or who perhaps have an or who perhaps have an orthopedic orthopedic orthopedic limitation in addition limitation in addition to osteoporosis, which is to osteoporosis, which is very, very common very, very common. These are my. These are my favorite clients to favorite clients to work with. I love work with. I love helping people helping people discover new things, but discover new things, but over time they need over time they need a little more of a a little more of a challenge. And this is where strength training comes into play.

strength training comes into play. Even if you Even if you do exercises on a Pilates reformer—if you're not Pilates reformer—if you're not familiar with it, it's a familiar with it, it's a system where you lie system where you lie on your back and the resistance on your back and the resistance is created by is created by is created by springs. So if springs. So if you've ever done you've ever done leg presses at the gym, there's a leg presses at the gym, there's a similar principle there, but similar principle there, but eventually you'll reach a eventually you'll reach a point where that point where that stimulus isn't stimulus isn't enough to enough to strengthen your bones.

That's why combining That's why combining Pilates and strength Pilates and strength training can be training can be so beneficial, because so beneficial, because with this combination, new horizons open up before you new horizons open up before you. You have. You have much much much more opportunities more opportunities for further for further progress.

progress. progress. You know, I get asked this question You know, I get asked this question about the reformer about the reformer very often. very often.

Like, can I Like, can I just do strength just do strength training on the training on the reformer? Is reformer? Is this enough? So this enough? So I really I really like your like your answer. Because it used to answer. Because it used to be interesting: when I be interesting: when I worked with people with worked with people with osteoporosis osteoporosis osteoporosis individually, some individually, some did nothing did nothing except do except do Pilates twice a Pilates twice a week. The instructor week. The instructor knew it was safe, but knew it was safe, but they didn't they didn't do anything else. So they do anything else. So they went from nothing went from nothing to a reformer and still reformer and still increased their increased their bone density. But, as you bone density. But, as you say, to say, to continue to continue to continue to stimulate the body stimulate the body and get and get enough enough enough exercise, this exercise, this may not be may not be enough in the enough in the future. I future. I love that you are love that you are adding strength adding strength training and I am excited training and I am excited about your about your exercise philosophy. So exercise philosophy. So why don't you why don't you share it with share it with everyone, because I think it's everyone, because I think it's important. I think important. I think sometimes people don't think sometimes people don't think in that way, and it in that way, and it can be very can be very helpful.

helpful. helpful.

Being safe, brave and progressive with exercise

Yes, thank you for this Yes, thank you for this question. Of course, I question. Of course, I want people to be want people to be safe. That's my safe. That's my main rule— always be safe, but the second, but the second part of it is to be part of it is to be brave, right?

brave, right? We may be familiar with We may be familiar with our our our balance exercises. Some people who come to who come to me balance on me balance on one leg while they one leg while they brush their teeth: one brush their teeth: one minute on one leg, one minute on the other. And yes, it's amazing. This is, it's amazing. This is amazing, and now it's amazing, and now it's too easy for you.

too easy for you. So we need to So we need to make the exercise make the exercise more difficult. Truth? more difficult. Truth? The same thing happens The same thing happens with our strength with our strength training. We training. We rejoice: "Oh, I rejoice: "Oh, I can do 15 can do 15 reps now." "I reps now." "I can now do 10 can now do 10 reps." I like reps." I like to explain it to my to explain it to my trainees, and trainees, and experienced experienced experienced athletes know athletes know the concept of "reps the concept of "reps in reserve." We always in reserve." We always want to have one want to have one or two more reps in or two more reps in reserve, but how does that reserve, but how does that feel? When I feel? When I communicate with my communicate with my people, we have people, we have equal, "I can equal, "I can do this." "I can do this." "I can do it." "I can do it." "I can do it, but I don't do it, but I don't want to anymore, although the technique is still want to anymore, although the technique is still quite good." And quite good." And then we get to the then we get to the point where: "Okay, point where: "Okay, I can do it, but it won't be I can do it, but it won't be pretty." pretty." pretty." These "ugly" These "ugly" repetitions are the same repetitions are the same reserve. So we reserve. So we have to stop have to stop the exercise a little early.

Hi, this is Marcy. Hi, this is Marcy. Quality supplements are an Quality supplements are an important part of a important part of a comprehensive comprehensive comprehensive osteoporosis program. To osteoporosis program. To help you out, I'm help you out, I'm offering a significant offering a significant discount every day in my discount every day in my supplement store supplement store through Fullscript. Fullscript has the through Fullscript. Fullscript has the most extensive catalog of most extensive catalog of professional supplements professional supplements and and and health products I have ever seen. So, seen. So, all you need to all you need to do is go to do is go to tinyurl.com.

tinyurl.com. This is t i n y u r l dot com/ supplements for less, where you supplements for less, where you will find my complete will find my complete supplement store, and in supplement store, and in it—my favorite bone-strengthening supplements. So be bone-strengthening supplements. So be sure to sure to sure to check it out, check it out, the link will also be the link will also be in the release description.

in the release description. Now let's get back to the Now let's get back to the show. Okay, I think show. Okay, I think this is really important. We need the. We need the right technique, right technique, but sometimes it takes but sometimes it takes effort and effort and many people many people get confused. You know, I get confused. You know, I hear people say, "I'm hear people say, "I'm doing 50 reps," doing 50 reps," but as we know, but as we know, it's not about the number of it's not about the number of reps. So how do you reps. So how do you start with people, start with people, what level, what what level, what number of reps number of reps and how do you determine… You and how do you determine… You explain that if explain that if they can do they can do two more in reserve, but two more in reserve, but where do you usually where do you usually start if a start if a new person comes in new person comes in?

? So, if someone is a So, if someone is a complete beginner, it's complete beginner, it's perfectly appropriate perfectly appropriate to pick a weight to pick a weight that they that they can do 12–15 can do 12–15 reps with, working reps with, working on muscular on muscular endurance and endurance and stability.

stability. Usually, as we Usually, as we grow in what we call our grow in what we call our "training age" "training age" or training experience, or training experience, we gradually we gradually reduce the number of reduce the number of repetitions. So my repetitions. So my clients who clients who do deadlifts do deadlifts with their own weight or with their own weight or more do more do about five about five reps, you know, reps, you know, five sets of five sets of five or whatever works for five or whatever works for their their their body.

body. body. Yes, it's amazing Yes, it's amazing when you work so when you work so hard, because that's what I hard, because that's what I do myself. You know, I do myself. You know, I need to rest. I need to rest. I take a 2- take a 2- minute break between my minute break between my five five five reps.

reps. reps. Yes. Yes. Yes. But then you are able to But then you are able to do it. This is the do it. This is the most wonderful thing. Many most wonderful thing. Many people don't realize that people don't realize that sometimes this rest is sometimes this rest is necessary, and fewer necessary, and fewer repetitions repetitions repetitions with more weight are with more weight are exactly what gives exactly what gives real results.

So I So I like it. Let's like it. Let's go back to go back to Pilates, because a lot of Pilates, because a lot of people think, "Okay, there's a people think, "Okay, there's a local local local Pilates group, can I Pilates group, can I just join?" Can they know Can they know about the security measures and about the security measures and still join?

still join? What do you recommend in What do you recommend in such a situation? such a situation? I like how I like how you added, “if they you added, “if they know about the know about the safety precautions,” because I safety precautions,” because I believe that if you have believe that if you have osteoporosis, you osteoporosis, you should know should know a little more about your body a little more about your body than the average than the average person. You should person.

How to find a Pilates instructor trained in osteoporosis

You should know everything that will be know everything that will be safe for you, but I safe for you, but I also think it's really also think it's really helpful to learn from helpful to learn from someone who also knows what's someone who also knows what's safe for you. So safe for you. So I sometimes hesitate a little bit to advise advise advise people to just go to people to just go to any any any Pilates class, any Pilates class, any local studio, because local studio, because for that instructor, for that instructor, it might be the first it might be the first class they've ever class they've ever taught. So if taught. So if you can you can call call call ahead and ahead and try to find a try to find a specialist who has specialist who has some qualifications some qualifications and knows the caveats and knows the caveats regarding osteoporosis, it regarding osteoporosis, it can be much can be much safer and more safer and more beneficial. Then you beneficial. Then you won't have to won't have to skip 80% of the exercises skip 80% of the exercises just because they just because they don't suit you.

don't suit you. This is true. What about This is true. What about online classes? You know, if you find an, if you find an online class, what do you online class, what do you think about it?

think about it? Exactly the same, Exactly the same, right? I wouldn't recommend right? I wouldn't recommend searching on YouTube, because there searching on YouTube, because there might be someone there who might be someone there who just likes to just likes to do Pilates do Pilates and thinks they would be a and thinks they would be a good teacher.

good teacher. So, they can So, they can post post any content there. But any content there. But if you can if you can find someone who find someone who teaches online and is teaches online and is qualified in the qualified in the field of osteoporosis, field of osteoporosis, my clients constantly my clients constantly tell me, “I can’t tell me, “I can’t believe you believe you noticed that I’m holding my noticed that I’m holding my shoulder in this shoulder in this position or that position.” Especially during.” Especially during individual individual individual lessons, because when I lessons, because when I do them, I'm do them, I'm basically just sitting there basically just sitting there looking at looking at you the whole time. But in my you the whole time. But in my group classes, I group classes, I do the exercises do the exercises with you, and even then, you know, experienced, you know, experienced instructors are able to instructors are able to notice these nuances and notice these nuances and help you find the help you find the right right right modifications.

modifications. The most interesting thing for The most interesting thing for me was that before COVID, me was that before COVID, physical therapists physical therapists practically did not practically did not work online. We work online. We just didn't just didn't do it. And since it's a do it. And since it's a profession that requires profession that requires close contact, I close contact, I never in my never in my wildest dreams wildest dreams could have imagined that could have imagined that people would get people would get such good such good results working results working online. But everything online. But everything has really changed.

In fact, everyone I In fact, everyone I spoke to could spoke to could see and do the see and do the exercises through the camera, exercises through the camera, and it's amazing and it's amazing how how how effective it is.

effective it is. Were you surprised yourself? Were you surprised yourself? Yes, there was. You know, Yes, there was. You know, we had an we had an adjustment period when we adjustment period when we were learning to do all this, but like I said, sometimes it was even, sometimes it was even better because I wasn't on the better because I wasn't on the other side of the room.

other side of the room. I was literally inches away from inches away from the screen, staring at the screen, staring at it. Sometimes it. Sometimes she even pointed at the she even pointed at the screen. Oh, wait, screen. Oh, wait, no, you don't see what no, you don't see what I'm pointing at. It's just I'm pointing at. It's just your hip. But it's your hip. But it's actually a very, very actually a very, very valuable tool valuable tool that I agree we that I agree we underestimated at first, but now I'm working, but now I'm working with people all over the with people all over the country and we can country and we can continue to continue to continue to work on our work on our goals, which is just goals, which is just great.

great. great. Yes, people always Yes, people always ask, because there ask, because there are different are different levels of training in this community, and levels of training in this community, and many many many Pilates exercises are done Pilates exercises are done on the floor. What about on the floor. What about people who can't people who can't get down on get down on the floor? What do you what do the floor? What do you what do you say about this?

you say about this? Yes, that's a very Yes, that's a very good question indeed. Um, good question indeed. Um, and I get asked that often and I get asked that often. As I. As I said, I work with said, I work with people people people online, and some of online, and some of them have them have massage tables at home. These are the massage tables at home. These are the lucky ones with whom lucky ones with whom we can perform we can perform all the exercises on their all the exercises on their massage tables. I'm massage tables. I'm a little hesitant a little hesitant to recommend doing to recommend doing them on a bed, especially them on a bed, especially when we're working with when we're working with Pilates. It can be Pilates. It can be quite difficult quite difficult to understand whether to understand whether your bed is too soft your bed is too soft for performing for performing such exercises. However, such exercises. However, there are many there are many options for performing options for performing standing exercises. And standing exercises. And of course, if you go of course, if you go to a Pilates studio, to a

Pilates studio, there are different types there are different types of equipment, like the of equipment, like the reformer. Some of them reformer. Some of them have raised have raised reformers.

reformers. reformers. The trapeze The trapeze The trapeze table is a great table is a great tool, but don't tool, but don't underestimate underestimate underestimate standing exercises, as you standing exercises, as you can work on can work on Pilates and balance Pilates and balance at the same time.

at the same time. This is so important. So, This is so important. So, when you conduct when you conduct classes in your group, you know what percentage, you know what percentage is is is Pilates and what percentage is Pilates and what percentage is strength training, strength training, because you combine them.

because you combine them. That's right. Most often That's right. Most often it's a 50/50 split, where it's a 50/50 split, where we do a little bit of we do a little bit of one thing and a little bit of another. I don't always. I don't always distinguish between when it's distinguish between when it's time for Pilates and when it's time time for Pilates and when it's time for strength for strength training. You training. You said that said that sometimes you need a sometimes you need a break, and that's break, and that's absolutely true.

absolutely true. Therefore, sometimes to Therefore, sometimes to relax, we relax, we do do do balance exercises or alternate balance exercises or alternate Pilates exercises with Pilates exercises with traditional traditional traditional strength exercises.

strength exercises. This way, you This way, you get a conditional get a conditional rest, but rest, but remain remain remain productive and productive and use your time effectively.

use your time effectively. I really I really like it. In terms of like it. In terms of what you found, and what you found, and this is for me, as this is for me, as Lisa and I were talking about Lisa and I were talking about earlier, the point earlier, the point that I think is that I think is most valuable, because most valuable, because people come in with people come in with this diagnosis and this diagnosis and they're quite they're quite depressed. And then, depressed. And then, when they start when they start doing these exercises, doing these exercises, everything changes. And, everything changes. And, you know, besides you know, besides feeling feeling feeling strong, there's strong, there's nothing better.

nothing better. Strong and Strong and balanced is a balanced is a real win in real win in many ways. many ways. Share with us Share with us your experience, what are your experience, what are the results, how long have the results, how long have you been doing this, how many years? And what are, how many years? And what are your results on your results on this?

this? this? Oh my God. So, in Oh my God. So, in the context of Pilates the context of Pilates and osteoporosis, I've and osteoporosis, I've been doing this for been doing this for about 7 years now. And I am about 7 years now. And I am so grateful to see the so grateful to see the results results results my students have achieved.

my students have achieved. We have people who were We have people who were hesitant about hesitant about taking medication but taking medication but were able to move from a were able to move from a state of osteoporosis to state of osteoporosis to osteopenia. Some osteopenia. Some decided to stop decided to stop taking medication.

taking medication. Some people decided to Some people decided to stay on stay on medication, right? medication, right? And still And still continue on your continue on your path to strengthening your path to strengthening your bones. Some people did bones. Some people did not not not change their scores in terms of change their scores in terms of transitioning from transitioning from osteoporosis to osteoporosis to osteopenia, but their trabecular trabecular bone quality score improved. And we know bone quality score improved. And we know that the structural that the structural integrity of the bone is integrity of the bone is very, very important. And very, very important. And even regarding even regarding increasing strength: I've had increasing strength: I've had people come to me people come to me who were afraid who were afraid to squat with a 2 kg weight, and now, seriously,, and now, seriously, they they they deadlift with a weight of deadlift with a weight of at least 75% of at least 75% of their body

weight. They are their body weight. They are raising their raising their grandchildren. They make grandchildren. They make me take videos of me take videos of them doing pull-ups them doing pull-ups to to to send to their send to their daughters. It's like you daughters. It's like you said, nothing said, nothing compares to how a person's confidence and strength grows, because when person's confidence and strength grows, because when you become stronger, the you become stronger, the whole world whole world opens up to opens up to you.

you. you. This is so true. This is so true. Recently, a woman Recently, a woman said that she said that she changed a tire herself. changed a tire herself.

Nothing special. Nothing special. Perfectly. Oh, I Perfectly. Oh, I like that. like that. Perfectly. People are Perfectly. People are lifting their suitcases themselves, and that's a lifting their suitcases themselves, and that's a real victory.

real victory. And people don't fall. Do you And people don't fall. Do you notice this too? notice this too? People manage to People manage to hold on.

hold on. Yes, people are getting the Yes, people are getting the right reaction, right reaction, right? For example: "Oh, right? For example: "Oh, I tripped. Someone I tripped. Someone pushed me, but pushed me, but this time I didn't fall." So yeah, that's it in." So yeah, that's it in itself…if we could bottle it, we would bottle it, we would. This is great.

. This is great. Tell us about the Tell us about the active warm-up, active warm-up, because you will show because you will show the exercises in a few the exercises in a few minutes. I asked minutes. I asked

Lisa: "Come and

Lisa: "Come and show me exercises that show me exercises that you think will be you think will be useful for everyone." So useful for everyone." So she chose her she chose her favorites that she favorites that she thought would be perfect thought would be perfect for a for a podcast. But when you podcast. But when you came to class, came to class, you did such a you did such a great active great active warm-up. In my opinion, warm-up. In my opinion, it accomplished it accomplished so many tasks besides so many tasks besides just just just getting the blood flowing through the getting the blood flowing through the muscles. Would muscles.

Why multidirectional movement matters for bone health

Would you mind explaining your you mind explaining your approach to this approach to this active warm-up? active warm-up? Yes, I like active Yes, I like active warm-ups because, as you warm-ups because, as you said, they not only said, they not only get blood flowing to the get blood flowing to the muscles, but they also prepare other muscles, but they also prepare other tissues, right? Our tissues, right? Our poor ligaments and poor ligaments and tendons are the tendons are the unsung heroes in unsung heroes in this process. So we this process. So we have the opportunity have the opportunity to warm them up too.

to warm them up too. And when we move in And when we move in different directions, like different directions, like during our during our dynamic warm-up, dynamic warm-up, we also put we also put different loads different loads on our bones, as on our bones, as many of us do when we many of us do when we cycle, cycle, cycle, hike, or hike, or just walk. We just walk. We usually walk in the usually walk in the sagittal plane, sagittal plane, but by adding a but by adding a dynamic warm-up, dynamic warm-up, we can take we can take steps sideways. We can steps sideways. We can step sideways step sideways diagonally. We can diagonally. We can lunge lunge lunge diagonally. So every time you choose a you choose a new movement for your hips new movement for your hips or shoulders, you or shoulders, you create a different create a different positive positive positive load on your load on your bones, which greatly bones, which greatly contributes to their strengthening.

contributes to their strengthening. I think this is very I think this is very important because we often important because we often get into a routine get into a routine or just or just work out on the work out on the machines, machines, machines, moving only in moving only in one plane. But one plane. But life doesn't life doesn't happen in one happen in one plane. Life is plane. Life is multifaceted and multifaceted and multidirectional. So

multidirectional. So I think this is an important I think this is an important concept: we have to concept: we have to make sure we make sure we do exercises in do exercises in different directions, different directions, strengthening all strengthening all areas of our bones.

And so, before you And so, before you show the exercises, why do show the exercises, why do n't you tell n't you tell the audience, because I think the audience, because I think it's great, and I get it's great, and I get asked all the time who asked all the time who works online, because works online, because not everyone, ideally, not everyone, ideally, can come to you can come to you in Washington.

Tell people about it Tell people about it. But, you know,. But, you know, sometimes people just don't sometimes people just don't live where you can live where you can find a good find a good physical therapist who physical therapist who has experience with has experience with osteoporosis. That's why osteoporosis. That's why I'm constantly I'm constantly asked about those who asked about those who work online one-on- work online one-on-one. So tell one. So tell people about your online classes, your work in classes, your work in Washington, and the Washington, and the one-on-one one-on-one one-on-one consultations you consultations you offer.

offer. offer. Yes, thank you for that. I Yes, thank you for that. I work at the Elements Center and work at the Elements Center and teach classes there. And teach classes there. And you can find me online you can find me online at right side up pt.com.

This is easy to remember This is easy to remember because I joke with my friends because I joke with my friends that I like to that I like to walk uphill the most, walk uphill the most, but I want my but I want my patients to always patients to always feel level and feel level and confident. So it's " right side up", which is a little right side up", which is a little awkward to type, awkward to type, but it works. Right side up but it works. Right side up pt.com, and you can also email me at right email me at right side up@gmail.com. Right side up side up@gmail.com. Right side up pt@gmail.com.

pt@gmail.com. pt@gmail.com. I will add all these links I will add all these links to the to the release notes. Okay, did we release notes. Okay, did we miss anything before miss anything before you show us you show us these exercises?

these exercises? It seems we've It seems we've discussed everything. Why I discussed everything. Why I love Pilates, why I love Pilates, why I love strength love strength training, and why I training, and why I think it's a great think it's a great combination for my combination for my friends with friends with osteoporosis. And again osteoporosis. And again, if I can give, if I can give you one you one last piece of advice: be last piece of advice: be careful, be confident, be careful, be confident, be brave, try brave, try to do a little more and to do a little more and see what comes of it see what comes of it.

. Perfectly. Okay, Lisa, Perfectly. Okay, Lisa, get ready, you're going to show get ready, you're going to show some really some really good exercises. And once again : when Lisa shows : when Lisa shows exercises, do only what exercises, do only what you are comfortable with.

you are comfortable with. This is just a warning This is just a warning that this is not a substitute for that this is not a substitute for consulting with your consulting with your physical therapist physical therapist or doctor, and only perform the exercises at your level.

only perform the exercises at your level. But it will simply But it will simply demonstrate those that demonstrate those that will be very will be very useful.

Practical exercises you can try at home

useful. useful. Good. So, the first Good. So, the first step in working with me is to always make sure that there is make sure that there is nothing unnecessary around you nothing unnecessary around you. And of course, as. And of course, as Margie said, Margie said, please only do what's please only do what's right for right for your body, okay? I your body, okay? I strive to empower you strive to empower you to make to make confident choices. So,

confident choices. So, if you know you if you know you can easily lie down on can easily lie down on the floor, feel free the floor, feel free to do so. If you to do so. If you want to lean against a want to lean against a wall, support wall, support yourself with your hip, or yourself with your hip, or find furniture—that's find furniture—that's great. This is great. This is fantastic. If fantastic. If you have a slightly crooked you have a slightly crooked posture, I promise that posture, I promise that our ab exercises our ab exercises will be much more will be much more enjoyable with a enjoyable with a pillow under your head.

Even my friends Even my friends who don't have such who don't have such posture problems posture problems will find it easier to feel their will find it easier to feel their abdominal muscles with a abdominal muscles with a small pillow.

As always, my friends with As always, my friends with osteoporosis know to osteoporosis know to first first first lie on their side, lie on their side, lower themselves completely, lower themselves completely, and then and then roll over onto their roll over onto their back. This will help back. This will help us stay us stay safe during the safe during the transition. I'm starting here. We will move on to the. We will move on to the classic classic classic Pilates exercise "tabletop" and Pilates exercise "tabletop" and start in a start in a supine position with your supine position with your legs bent. We legs bent. We talked about how it talked about how it feels when feels when you press your back to the you press your back to the floor. So, if floor. So, if it's comfortable for you, press it's comfortable for you, press your back against the floor and your back against the floor and then gently then gently lift your body.

My hands are now resting My hands are now resting on my pelvis, so I have a on my pelvis, so I have a visual reference: visual reference: when I press when I press my back, my my back, my fingertips rise. When I arch my. When I arch my back, my arms back, my arms go up. And go up. And if you've if you've trained with me before, you trained with me before, you know I know I call this " M&M's space." M&M's space." Squeezing M&M's isn't the Squeezing M&M's isn't the best feeling.

best feeling. Peeling Peeling Peeling feels feels feels unpleasant because you have unpleasant because you have too much of it. You want too much of it. You want to find what's right for to find what's right for you.

you. you. For me, that's about For me, that's about three M&M's, and that's my three M&M's, and that's my natural natural natural standing position. When I standing position. When I find that find that neutral neutral neutral spine position, which we spine position, which we know in know in osteoporosis is so osteoporosis is so important for important for strengthening the muscles strengthening the muscles around it.

Having found this Having found this neutral position, neutral position, we inhale, we inhale, feel feel feel diaphragmatic diaphragmatic diaphragmatic breathing, and then breathing, and then exhale. In Pilates, we exhale. In Pilates, we imagine imagine imagine blowing out a candle.

blowing out a candle. I like I like to add to this to add to this the idea of the idea of pelvic floor contraction. So, pelvic floor contraction. So, inhale to your toes, inhale to your toes, exhale, blow out the exhale, blow out the candle, and excuse the candle, and excuse the anatomical anatomical anatomical comparison. We comparison. We lift the blueberry with a lift the blueberry with a vagina. Inhale, vagina. Inhale, relax. Exhale, relax. Exhale, blow out the candle, blow out the candle, raise the blueberry.

raise the blueberry. Now that we have Now that we have stable breathing, we stable breathing, we can move into the can move into the "table" pose. Inhale, "table" pose. Inhale, exhale, raise exhale, raise one leg to the " table" position. Inhale, table" position. Inhale, relax. Exhale, relax. Exhale, blow out the candle, blow out the candle, lift the blueberry, lift the blueberry, lift the other leg lift the other leg into the "table" position. And into the "table" position. And for some of us, for some of us, that's more than that's more than enough, right?

For some of us, if it's For some of us, if it's your first day, you your first day, you know it's a challenge. If you're ready to If you're ready to move on with me, we talked a little bit, we talked a little bit about "crisscross," an exercise about "crisscross," an exercise that's not very suitable for that's not very suitable for people with osteoporosis.

We can make it more We can make it more accessible accessible accessible by using the by using the by using the principle of principle of principle of isometric resistance.

So, I place my hands as if I were doing indirect doing indirect heart massage on my heart massage on my right leg. I do an right leg. I do an inhale, exhale, candle, inhale, exhale, candle, blueberry, and now I blueberry, and now I push my hip away.

But I resist, But I resist, keeping my leg keeping my leg stable with my core muscles. Breathe into the center. core muscles. Breathe into the center.

Exhale, shh, press Exhale, shh, press to the other side. If to the other side. If we want to make it more difficult, we want to make it more difficult, we can press on one we can press on one leg and extend the leg and extend the other. This way we other. This way we get the activation of the get the activation of the diagonal muscles diagonal muscles and and and obliques that we would obliques that we would normally get normally get in a twisted in a twisted position, but now position, but now we are working from a we are working from a stable position.

If you practice If you practice with me, with me, let's do it one more time. And let's do it one more time. And then we'll take a break. We then we'll take a break. We always, always, always, always, always always always come out of our come out of our exercises safely. We lower one exercises safely. We lower one leg. Lower the other leg. Lower the other leg. Let's take leg. Let's take a second to a second to warm up a little. Good.

warm up a little. Good. For our next For our next exercise, we will work exercise, we will work with variations of the table pose. So, I table pose. So, I roll onto my side again, roll onto my side again, using my using my using my feet and hands to feet and hands to help myself help myself up and up and return to the return to the original original original sitting position. And when I sitting position. And when I move into the all- fours position, if my fours position, if my wrists need wrists need a little support, I a little support, I can always can always roll up the roll up the yoga mat to make yoga mat to make it more comfortable. I it more comfortable. I take a moment take a moment to make sure to make sure my shoulders, elbows, and my shoulders, elbows, and wrists are wrists are in line, and my in line, and my knees are positioned knees are positioned exactly under my hips.

My friends with My friends with osteoporosis know osteoporosis know that you shouldn't slouch that you shouldn't slouch in your lower back because it's not in your lower back because it's not very pleasant, but you shouldn't very pleasant, but you shouldn't twist your pelvis either twist your pelvis either because it creates because it creates excessive compression.

So we're working So we're working on strength and on strength and stability here. We put stability here. We put weight on our weight on our arms, which is arms, which is extremely important extremely important for those with for those with osteoporosis. And we osteoporosis. And we have that option again: have that option again: imagine that you have a imagine that you have a bowl of bowl of chocolate-covered nuts on your back, chocolate-covered nuts on your back, and you shouldn't and you shouldn't hear them hear them moving as you moving as you move your leg back.

move your leg back. Now, if you can Now, if you can see yourself, has see yourself, has your your your hip sunk? Did your back go up? Try back go up? Try to maintain to maintain to maintain body stabilization. Maybe you imagine the. Maybe you imagine the same blueberry as you bring your as you bring your foot back. And now we foot back. And now we can move to the can move to the other side. And other side. And we return it back.

we return it back. What I like about the What I like about the four-on-four position is that there are no limits is that there are no limits to improvement. We to improvement. We can take our leg can take our leg back and extend the back and extend the opposite arm opposite arm forward. If we are forward. If we are ready, we can ready, we can perform the same in the perform the same in the plank position. We plank position. We can lift one can lift one leg. We can leg. We can lift the other leg.

lift the other leg. So, these are all great So, these are all great options for options for progress. I progress. I will drop back down to the all- will drop back down to the all- fours position and move fours position and move to the to

the kneeling position. Good. So, kneeling position. Good. So, these were these were floor exercises, but we also floor exercises, but we also talked about talked about doing some doing some standing exercises where you don't standing exercises where you don't need a mat. So, we rise again.

, we rise again. If you need a If you need a wall or wall or hip support—use hip support—use them. I rise to the them. I rise to the starting position while starting position while standing. Now I'll standing. Now I'll quickly grab quickly grab my trusty my trusty chair for chair for extra support. And I will bring it here.

So, the sidekick series of exercises that we we we mentioned in Pilates is mentioned in Pilates is usually done usually done lying on your side, but it lying on your side, but it can also be done standing, which I really, which I really like because we're like because we're working working working on balance at the same time. So, on balance at the same time. So, starting from a starting from a standing position, we can standing position, we can move from the bottom up.

I start with the fifth I start with the fifth toe, the fourth, toe, the fourth, the third, the second and up the third, the second and up to the big toe to the big toe. You will notice that. You will notice that if you lift if you lift the arch of your foot, you the arch of your foot, you can feel it down the can feel it down the inner inner inner thighs, through the pelvic thighs, through the pelvic floor all the way to the top of your floor all the way to the top of your head. So you become head. So you become even a little taller.

even a little taller. This will help us take This will help us take some of the load some of the load off our ankle and off our ankle and transfer it to our transfer it to our buttocks when we buttocks when we stand on our supporting stand on our supporting leg. Let's take a leg. Let's take a breath. Remember to breath. Remember to breathe. Exhale, breathe. Exhale, pull your stomach in, pull your stomach in, find stability, find stability, feel the arch of your feel the arch of your foot stretching foot stretching up to the inner up to the inner thigh. And thigh. And now we will move now we will move the foot, again the foot, again finding finding finding isometric resistance. I isometric resistance. I press my foot on my press my foot on my shin, not my shin, not my knee. Knees don't knee. Knees don't like that kind of like that kind of lateral pressure.

lateral pressure. You can put your You can put your foot higher if foot higher if you want. I'll stay you want. I'll stay down here. I down here. I press my foot against my press my foot against my shin and my shin against my shin and my shin against my foot, and use foot, and use a chair if a chair if necessary, or choose necessary, or choose another option if another option if appropriate. So, we appropriate. So, we can do a " shell" here while standing, shell" here while standing, actively taking the actively taking the hip back, hip back, engaging the rotator muscles. Do rotator muscles. Do you still feel you still feel that connection? Are that connection? Are you maintaining a you maintaining a neutral neutral neutral spine position? Yes? Perfectly. And spine position? Yes? Perfectly. And of course, there are so many great variations in our of course, there are so many great variations in our Pilates “sidekick” series. We can. We can do swings where do swings where we squeeze an imaginary we squeeze an imaginary orange and reach orange and reach up. We can up. We can do side do side leg raises. Again, working on, working on hip abduction.

hip abduction. Or, if you want Or, if you want something special, we something special, we can do a can do a develope or any develope or any other variation that we other variation that we usually do usually do lying down, but now with an lying down, but now with an emphasis on balance.

Good. When we were on Good. When we were on the floor, we used a little the floor, we used a little isometric resistance isometric resistance by pressing our hip into by pressing our hip into our palm and our palm into our our palm and our palm into our hip. We can hip. We can do this while standing. I'm do this while standing. I'm not kidding, I actually not kidding, I actually keep a keep a Pilates ring on my Pilates ring on my desk so desk so I I I can do a few of can do a few of these exercises when I walk by. But you these exercises when I walk by. But you don't have to don't have to keep the keep the Pilates ring on a table, Pilates ring on a table, you can you can you can use use use the back of a sofa or the back of a sofa or chair. Again, chair. Again, we are looking for this we are looking for this support from the very support from the very foundation. Our foundation. Our toes are 5, 4, 3, 2, 1, our toes are 5, 4, 3, 2, 1, our arches are raised, our arches are raised, our arms are extended, we arms are extended, we inhale. And if you inhale. And if you press, press, press, hopefully you'll hopefully you'll feel that same

feel that same activation of the activation of the cortex muscles. Inhale— relaxation, exhale— blow out the candle, blow out the candle, lift the blueberry, and lift the blueberry, and then you will feel the then you will feel the cortex activated. We cortex activated. We can also can also use a use a use a wall or very sturdy wall or very sturdy furniture for furniture for roller exercises or for roller exercises or for push-ups. Well, push-ups. Well, friends. I hope this has friends. I hope this has given you a good given you a good idea of ??exercises you idea of ??exercises you can do can do at home for Pilates, at home for Pilates, as well as when you are just as well as when you are just standing and want to standing and want to warm up a bit.

warm up a bit. That was beautifully That was beautifully said. And if said. And if you want more, Lisa you want more, Lisa did an entire class did an entire class for my " Happy Bones, Happy Life" community, and it Happy Bones, Happy Life" community, and it was incredible. And was incredible. And that lesson was that lesson was accompanied by a separate accompanied by a separate video that you video that you can also can also follow at home. So there's a follow at home. So there's a lot more there, and I'll lot more there, and I'll leave a link to leave a link to that class in the that class in the release notes.

release notes. So, thank you very much, Lisa. It was great and. It was great and I really I really like that it's a like that it's a real option. You real option. You know, know, know, Pilates is safe, and Pilates is safe, and research shows that it's beneficial to do a that it's beneficial to do a variety of exercises, not variety of exercises, not just one. So just one. So I love how I love how you combined Pilates and you combined Pilates and strength training and strength training and shared it with shared it with all of us. Are there any all of us. Are there any final thoughts before final thoughts before concluding? It was concluding? It was very, very wonderful.

very, very wonderful. Thank you for inviting Thank you for inviting me and introducing me to me and introducing me to your community. your community. I say it again, your I say it again, your community is simply community is simply wonderful. It's always wonderful. It's always nice to talk nice to talk to you. You have such to you. You have such great ideas and great ideas and incredible energy, and incredible energy, and I'm so glad I can I'm so glad I can share my share my ideas and energy with ideas and energy with you.

you. you. Oh, thank you very much. It was a Oh, thank you very much. It was a real pleasure. I hope you. I hope you enjoyed this enjoyed this interview and interview and saw how you can saw how you can combine Pilates combine Pilates with strength with strength training and training and get so many get so many benefits. As I benefits. As I mentioned, Lisa mentioned, Lisa came to my came to my class and class and prepared a really prepared a really great program, great program, which I will which I will also leave a link to in also leave a link to in the notes. So thanks for the notes. So thanks for watching and I watching and I look forward to seeing you look forward to seeing you in the next in the next episode.