

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that ONERO™, supervised, bone-targeted, high-intensity resistance and impact training, reduces osteoporotic fracture risk in postmenopausal women and older men with low to very low bone mass. The evidence-based ONERO™ program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised.

Includes Fall Prevention

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



FULLY SUPERVISED

A hallmark of the ONERO™ program is the requirement for close supervision by trained professionals.

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

Our MPSA Clinical Team have each completed the required training to become qualified coaches capable of safely delivering the ONERO™ program through supervised classes.

ONGOING RESEARCH

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

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



EXERCISE FOR OSTEOPOROSIS

WWW.MYPHYSIOSA.COM.AU



MyPhysioSA is offering ONERO™ Classes at our Mount Barker and Marden clinics. Classes are capped at 6 people so you get the appropriate supervision. An initial 45-minute assessment with one of our accredited Exercise Physiologists is required prior to joining classes.

OUR CLINICS

MyPhysioSA Mount Barker

35A McLaren Street

MyPhysioSA Marden

10 Lower Portrush Road

WHAT MAKES ONERO™ UNIQUE?

ONERO™ uses safe resistance and impact exercises to build stronger bones and muscles

- ✓ Improves bone density
- ✓ Boosts strength and fitness
- ✓ Enhances physical function
- **100% Supervised by Experts**
You're in good hands! Every session is closely supervised by qualified coaches with specialist training in osteoporosis exercise.
- **Safe for Low Bone Mass**
Our program is designed to be **safe and effective**, even for people with **very low bone density**

CONTACT

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THE AWARD-WINNING EVIDENCE-BASED EXERCISE PROGRAMME FOR OSTEOPOROSIS

Stronger Bones with ONERO™: Safe & Effective Exercise for Osteoporosis

The ONERO™ Program is a science-backed, supervised exercise program designed especially for people with low bone density or osteoporosis. Developed through years of research, it's proven to help reduce the risk of fractures in postmenopausal women and older men.

