

Accredited ONERO Practitioner



BACK IN  
MOTION<sup>®</sup>  
HEALTH GROUP

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**ACCREDITED**  
PROFESSIONAL DEVELOPMENT

The ESSA Professional Development Committee certifies that this Professional Development offering meets the criteria for 11.5 Continuing Professional Development (CPD) Points.

**JOURNAL OF BONE MINERAL RESEARCH**

The Journal of Bone Mineral Research is the highest-ranking bone journal in the world, publishing over 2,500 scientific papers a year. In 2017, the publication on which the Onero<sup>™</sup> programme is based made the Top 5 JBMR 'Attention Grabbing Papers.'

**EXERCISE & SPORTS SCIENCE AUSTRALIA**

A research presentation of the 3-year findings from The Bone Clinic won the 'Practitioner Award' at the 2018 Research to Practice meeting of ESSA.

**WALL STREET JOURNAL**

In May 2018, Wall Street Journal published an article on the revolutionary Onero<sup>™</sup> programme for osteoporosis and osteopenia, which was republished in The Australian.



**ONERO<sup>™</sup>**



osteoporosis australia  
committed to exercise for bone health

# Osteoporosis?

Doctor recommends exercise?

But what exercise?

Research has demonstrated that only certain types of exercise improves bone health.



**ONERO<sup>™</sup>**



# The award winning evidence-based exercise programme for osteoporosis

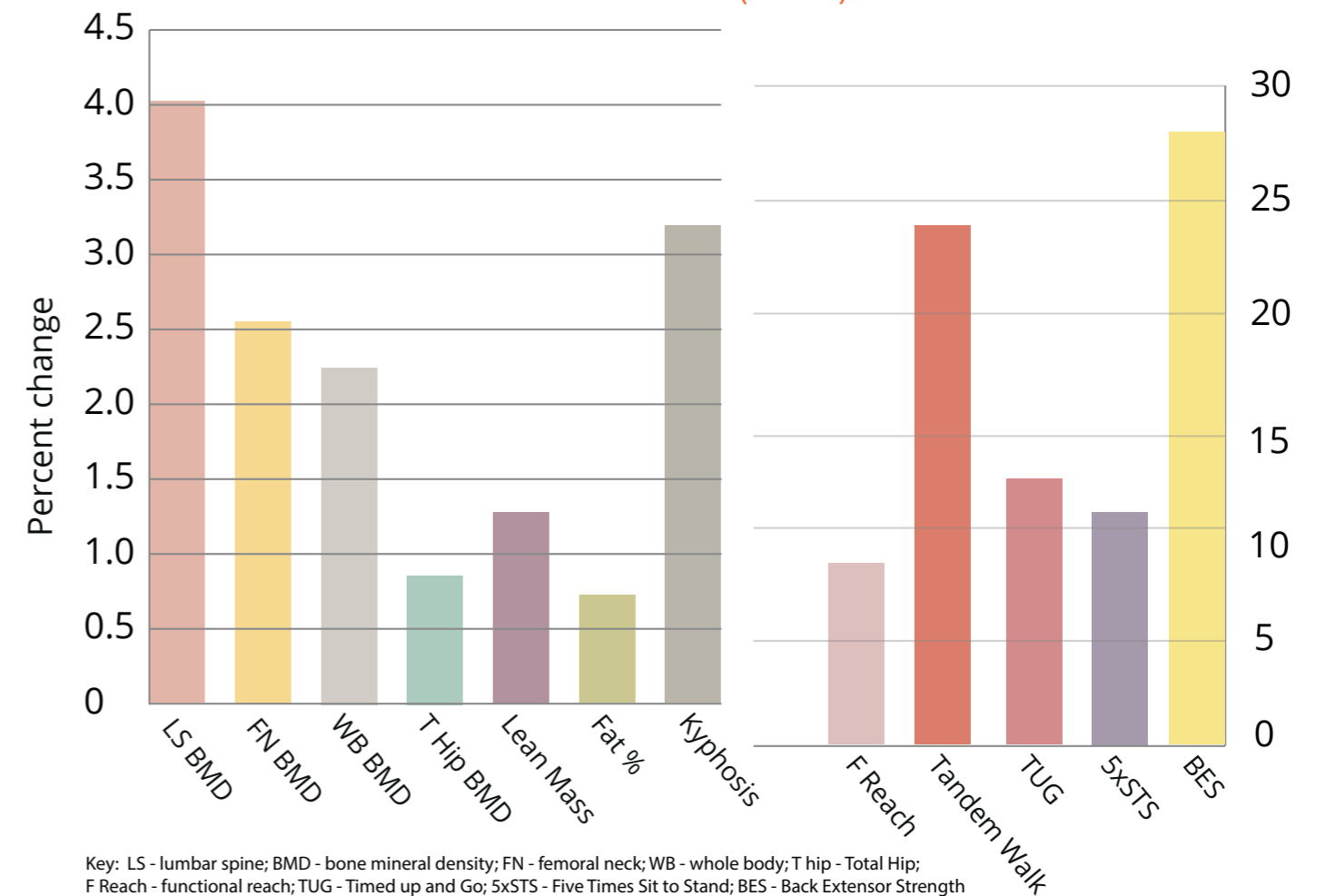


Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density. I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease of life. My bone density improved by 5% in the spine and 8% in my hip!



Mean % improvement after 12 months supervised Onero™ training

(n=121) [3]



## EFFECTIVE EXERCISE FOR OSTEOPOROSIS

Onero,™ supervised, bone-targeted high intensity resistance and impact training is safe and reduces risk for osteoporotic fracture in postmenopausal women with low to very low bone mass<sup>[1,2]</sup>.

The evidence-based Onero™ programme improves bone health in postmenopausal women with osteopenia and osteoporosis.<sup>[1,2]</sup>

## INCLUDES FALL PREVENTION EXERCISES

The risk of osteoporotic fracture is greatly increased in people who fall. Onero™ training includes exercises to help prevent falls and thereby reduce osteoporotic fractures.

## FUNCTIONAL ASSESSMENTS

By employing seven simple functional assessments, the effectiveness of the Onero™ can be monitored. These tests form part of a vital strategy to track real world safety and effectiveness of the Onero™ programme in the larger research programme underway at The Bone Clinic.

## FULLY SUPERVISED

The safety of the Onero™ programme depends on clinical decision-making skills to diagnose co-morbidities and adapt the program in its initial stages in order to be able to participate without risk of injury or exacerbation of existing conditions.

Considerable clinical expertise is required to protect potentially frail individuals with multiple co-morbidities in the Onero™ target population from risk of injury during the high intensity training programme.

A hallmark of the Onero™ programme is close supervision of a vulnerable population by allied health professionals appropriately trained to do so.

## Disclaimer

The Onero™ programme can assist with your osteoporosis or osteopenia but it is recommended you consult with your doctor to manage your condition and review options available to you.



## References

1. Watson SL, Weeks BK, Weis L, Horan SA, and Beck BR. (2018). High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial. *Journal Bone Mineral Research* 33(2):211-220
2. Watson SL, Weeks BK, Weis L, Horan SA, and Beck BR (2015) Heavy resistance training is safe and improves bone, function and stature in postmenopausal women with low to very low bone mass: Novel early findings from the LIFTMOR trial. *Osteoporosis International*, 26 (12) 2885-2894.
3. Beck BR and Weis LJ: Translating high intensity loading for osteoporosis to the real world: Two year observations from The Bone Clinic. *Research to Practice 2018, Brisbane, Australia, 27-29 March 2018 Annual Scientific Meeting of Exercise and Sports Science Australia (Winner: Practitioner Award)*

For full listing of relevant publications and reports please visit <https://theboneclinic.com.au/research>