Aerobic Physical Activity

A rhythmic activity that you do for at least 10 minutes at a time continuously, and it increases your heart rate and makes you breathe harder than you usually do during your daily activities.

Assistive Devices

Assistive devices are tools or equipment that help you do your daily activities. Examples include canes, walkers, long-handled reachers and grab bars.

Balance Training

Balance training exercises involve moving your body weight or challenging your balance. They are an important part of your exercise program, as they help to prevent falls.

Bone Mineral Density Test

A x-ray that shows the density of your bones. It is used to measure bone loss.

Chronic Disease

Chronic diseases are long-term or lifelong diseases that:

- develop slowly

- often get worse over time

- may be controlled, but rarely cured

Fall

Unintentionally coming to rest on the ground, floor or other lower level with or without injury.

Femoral Neck

The femoral neck is part of your thigh bone. It joins the shaft of the thigh bone with the "ball" at the top that fits into your hip socket.

Fracture/Broken Bone

A fracture is a break, crack, split or chip in your bone.

Fracture Risk Assessment

A fracture risk assessment tells you your risk of fracture in the next 10 years – low, moderate or high. This assessment uses bone mineral density test results and a number of other key factors.

Fragility Fracture

A broken bone caused by a slip, trip or fall (from standing height or lower), or from doing an everyday activity (like making a bed). Sometimes called a low trauma fracture.

Health Professional

A person who helps in identifying, preventing or treating illness or disability. Examples: doctor, nurse practitioner, physiotherapist, dietitian.

Kyphosis

Exaggerated curve of the spine resulting in a rounded upper back.

Low Bone Mass

Low bone mass means that you have lower bone density than what is expected for a healthy person, but not low enough to be considered osteoporosis. This condition increases your risk of osteoporosis and broken bones.

Osteoarthritis

Osteoarthritis is a disease of the joints and surrounding tissues. Osteoarthritis and osteoporosis are often confused because the words sound the same.

Osteopenia

Osteopenia is the term sometimes used to describe a person with a lower bone density than normal. However, it is not as low as osteoporosis. Osteopenia is not a diagnosis and the preferred term is Low Bone Mass (see above).

Osteoporosis

Osteoporosis is a disease that causes bones to become thin and weak, leading to an increased risk of a broken bone. Osteoporosis is a chronic or long-term condition.

Posture Training

Posture training exercises aim to strengthen the muscles important for posture, such as those that run the length of your spine, or those that stabilize your shoulder blades. Posture training teaches you how to keep your neck, back and shoulder in good positions at all times. Good posture can prevent injury during your daily activities.

Self-management

Self-management refers to the actions you take for your health and well-being. This involves gaining knowledge, skills and confidence to manage your health, along with your health professionals and community resources.

Spine Fracture

A spine fracture is a broken bone (vertebra) in your spine, often called a compression fracture. Osteoporosis is the most common cause of spine fractures. A spine fracture due to osteoporosis may not cause any symptoms right away. Later on, it may cause back pain, a loss of height or a stooped posture.

Strength Training

Strength training exercises make your bones and muscles work by lifting, pushing or pulling against a load. The load comes from a heavy object (such as weights) or something that provides resistance (such as an elastic band or water). As the difficulty of the exercise increases over time, the muscles have to become stronger to adapt to the new challenge.

T-score

In a bone mineral density (BMD) test, your bones are compared with those of an average young adult. The results are reported as a T-score. Your T-score is one way to tell how strong your bones are.

10 Year Fracture Risk

Your risk of breaking a bone in the next 10 years.

Weight Bearing Exercises

Weight bearing exercises make your muscles and bones move against gravity, while on your feet. They help build bones and keep them strong. Examples include walking, dancing and stair climbing.