

Body Mechanics for Bone Health

This newsletter will focus on good Body Mechanics or “how to move safely throughout the day” - information which is especially good to know for those with or without osteoporosis. Knowing how to move, sit and stand properly can help you stay active while avoiding fractures and disability. Proper posture can also help to limit the amount of kyphosis, or forward curve of the upper back.

You can help prevent broken bones in your spine by:

- Not having a slumped, head-forward posture
- Not bending forward from the waist or doing any movements that require you to round your spine such as toe touches, sit-ups or abdominal crunches
- Not twisting the spine to a point of strain
- Not twisting the trunk and bending forward when doing activities such as sneezing, vacuuming or lifting.
- Not lifting items that are too heavy or not lifting too high over your head.*

One of the most important concepts of body mechanics and posture is alignment. Alignment refers to the relationship of the head, shoulders, spine, hips, knees and ankles to each other. Proper alignment of the body puts less stress on the spine and ensures good posture.

Sit Up Straight

- When sitting in a chair, try to keep your hips and knees at the same level. Place your feet flat on the floor. You should have a natural inward curve to your lower back and a tall, upright upper back.
- When sitting in bucket seats or soft couches or chairs, use a rolled up towel or pillow to support your lower back.
- When tying your shoes or drying your feet, sit in a chair. Place one foot on a footstool, box or on your other leg. Lean forward at the hips to tie or dry. Do not bend over or slouch through your upper back. *Figure 1*

Pushing and Pulling

- When you vacuum, rake, sweep or mop, keep your feet apart with one foot in front of the other. Always face your work directly to keep from twisting your back.
- Shift your weight from foot-to-foot in a rocking movement. With knees bent and shoulder blades pinched, move forward and back, or from side to side rhythmically.
- Do not bend forward from the waist.

Figure 2

Coughing and Sneezing

- Develop the habit of supporting your back with one hand whenever you cough or sneeze.

- Place your hand behind your back or on your thigh. This protects the spine from damage caused by a sudden bend forward.

Figure 3

Lifting

- First kneel on one knee. Place one hand on a table or stable chair for support if needed.
- If you are picking up a heavy object, never bend way over so that your back is parallel to the ground. Too much strain on the back!
- While kneeling, bring the object close to your body at waist level. Gently pull your abdomen in to support your back and breathe out when you are lifting an object or straightening up. Do not hold your breath. Stand using your leg and thigh muscles.**

*Osteoporosis What You Need to Know

**Boning Up on Osteoporosis

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Being late ~ *bad*.

Rushing to be on time ~ *worse*.

Falling and breaking a bone ~ *even worse*.

Take your Time and be Safe.

Figure 1

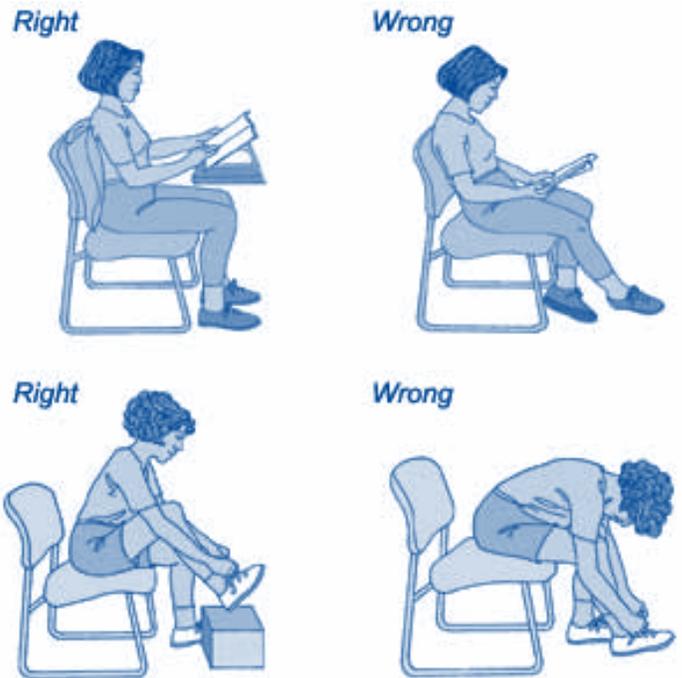


Figure 2

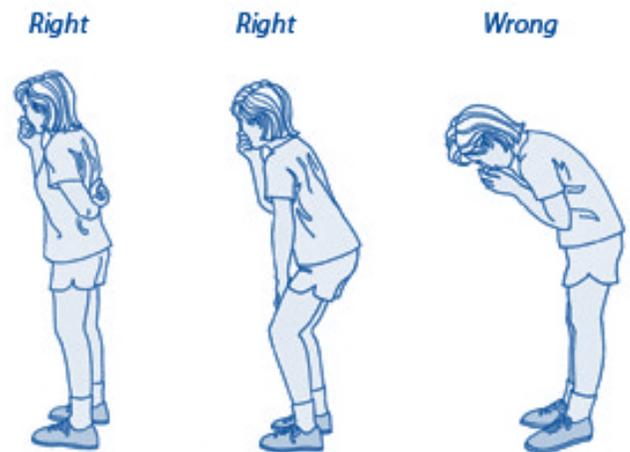


Figure 3



May 1, 2011

To the Friends of the Osteoporosis Research Center:

I want to announce with sadness the death of Sister Anne Evers. She died peacefully on January 18, 2011 at Campbellsport Wisconsin, where she had been living in the nursing home of the School Sisters of St. Francis. We miss her greatly, but feel happy that she is now enjoying life in the presence of God.



I want to announce the establishment of the Endowment Advisory Board and welcome the members to the Osteoporosis Research Center. The purpose of the Advisory Board is to provide guidance, expertise and consultation in support of research to relieve the suffering and disability of osteoporosis, and to identify and secure funds for the endowment that supports the mission of the ORC.

The Advisory Board will serve as an advocate for the ORC and its endowment, will advise the ORC Development Coordinator, Susan Recker, in implementing programs that will generate financial support for the Endowment, and will help develop relationships with potential individual and corporate donors in collaboration with the University Development Office.

Let us give a hearty welcome to the Endowment Advisory Board:

Michon Abts	Mary Larsen
Kathryn Clark	Mary Maxwell
Lynette Dvorak	Kathy McDonald
Anne Lieben	Mary Monson

Sincerely,

Dr. Robert R. Recker

RECENT DONATIONS TO THE SISTER ANNE EVERS ENDOWED RESEARCH FUND

IN MEMORY OF SISTER ANNE EVERS

Lyn and Paul Comeau
Zabet and Geoffrey de la Ferte
Dr. Marv and Lynette Dvorak
Mike and Becky Evers
James and Diane Harder
Russel and Dolly Herman
Bob and Joan Lappe
Kathy McDonald
Ron and Carol Mickels
Dr. John and Mary Monson
Pat Penzenstadler
Rita Ryan
Ron Sack
Sister Denise Severt, CSJ
St. Theresa of Lisieux Circle - Mary Our Queen
Patty Wetta
Dr. John and Lori Woodruff

IN MEMORY OF

Doug Livsey, brother-in-law of Dr. Donald Kimmel, former investigator in the Osteoporosis Research Center
FROM *Dr. and Mrs. Recker*

Harry Crook FROM *Jim and Jane O'Brien & Dr. and Mrs. Recker*
Jane Davenport Wilshusen FROM *Winifred Davenport*
Lillian Ortmeier, Mother of Dr. Joan Lappe FROM *Dr. and Mrs. Recker*
Loretta West FROM *Everett West*

IN HONOR OF

Jane Davenport Wilshusen FROM *Winifred Davenport*
Lillian Ortmeier, Mother of Dr. Joan Lappe FROM *Dr. and Mrs. Recker*
Loretta West FROM *Everett West*
Dr. Joan and Bob Lappe FROM *Charlie Venditte*
Rachel Dowd FROM *Sally and Delbert Cook*
Dr. and Mrs. Robert Recker FROM *Dr. and Mrs. William Wanamaker & Jim and Barb O'Brien*

IN CELEBRATION OF

Mildred Boyd's 90th Birthday from *Jane O'Brien*

Opportunities to Participate

The Creighton University Osteoporosis Research Center is conducting the following studies. If you have any questions, please call 402.280.BONE (2663) or Toll-free 800.368.5097.

RESEARCH STUDY FOR 13 AND 14 YEAR OLD GIRLS

This is a one year research study at the Osteoporosis Research Center evaluating the role of dairy consumption on weight management.

Requirements:

- 5 visits
- Painless evaluations
- Monetary stipend

Please contact our nurses at **402.280.4070** for more information.

HEALTHY KIDS CAN HELP

The Osteoporosis Research Center is currently conducting an important study of bone health in growing children and adolescents.

Your child may qualify if he/she is between the ages of 5 through 18 years.

This study includes:

- One time visit
- Monetary stipend

Please contact our nurses at **402.280.4070** for more information.

ARE YOU DIABETIC?

The Osteoporosis Research Center is currently conducting a study to determine the effects of diabetes on bone health.

Both men & women are eligible for this study.

To qualify for participation:

- Must be a type 1 diabetic for at least 3 years.
- Must be between 19 and 50 years of age.
- 3 visits to our center
- 1st visit involves a blood draw and bone density scans.
- Monetary compensation for study visits

HAVE YOU OR SOMEONE YOU KNOW EXPERIENCED A BROKEN BONE?

IT COULD BE OSTEOPOROSIS!

The Osteoporosis Research Center is currently conducting a research study on the underlying causes of osteoporosis in postmenopausal women.

Do you meet the following criteria?

- Age 45-70
- At least four years since last menstrual period
- Not currently on prescription treatment for osteoporosis
- Calcium and Vitamin D are okay

The Creighton University Osteoporosis Research Center is working with the Exercise Science Department on a 24-week study to evaluate the effect of a protein nutrition drink on muscle strength and function in men and women between the ages of 65-90. Qualifications include: participants must have a low appetite or have trouble maintaining weight and cannot have diabetes, kidney disease, cancer or currently be taking supplements for weight gain.

Contact Darren Stoop at 402.280.4598 or Joan Eckerson, PhD at 402.280.2090



Osteoporosis Research Center

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THE GIFT OF GIVING

Consider a donation in honor of a loved one to the Osteoporosis Research Center

Just mail this form to:

Sister Anne Evers Endowed Research Fund
Osteoporosis Research Center
601 North 30th Suite 4820
Omaha NE 68131

A Contribution is enclosed to the *Sister Anne Evers Endowed Research Fund*

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