

 ONERO<sup>®</sup> is now offered at



Contact our clinic today to start your ONERO<sup>®</sup> Journey!



Sessions held at:

1046 Howitt St Wendouree  
(03) 5335 3200  
<https://lakehealthgroup.com.au/>

Scan to Learn More!



Referral details for Physiotherapist:



Sam Glover  
BAppSc, MPhysioPrac  
Physiotherapist  
5836195X



The Exercise and Sports Science Australia Professional Development committee certifies that training to become a Licensed ONERO<sup>®</sup> provider meets the ESSA criteria for 6 Continuing Professional Development (CPD) points.

#### GLOBAL RECOGNITION

ONERO<sup>®</sup> was featured in a **National Geographic** story about osteoporosis and exercise in January 2024.

In May 2018, **The Wall Street Journal** published an article on the revolutionary ONERO<sup>®</sup> program for osteoporosis and osteopenia

#### SCIENTIFIC RECOGNITION

The **Journal of Bones and Mineral Research** is the highest-ranking bone journal in the world, publishing over ~2500 scientific papers a year, all undergoing rigorous peer review. In 2017, the publication on which the ONERO<sup>®</sup> is based made the Top 5 JBMR 'Attention Grabbing Papers'.

#### AWARDS

##### Sports Medicine Australia

A presentation of The Bone Clinic data reporting 9-year findings of the effect of ONERO<sup>®</sup> on osteoporosis and osteopenia won the best paper award at the 2024 **Sports Medicine Australia (SMA)** Conference in Melbourne, Australia.

##### Exercise and Sports Science Australia

A research presentation of the 3-year findings on ONERO<sup>®</sup> from The Bone Clinic won the 'Practitioner Award' at the **Exercise and Sports Science Australia 2018 Research-to-Practice** meeting in Brisbane, Australia.



# Osteoporosis?

Doctor recommends exercise?

## But what exercise?

Research has shown that only a certain type of exercise improves bone health.



# The award-winning evidence-based exercise programme for osteoporosis

## 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 [1-8].

The evidence-based ONERO® program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised [1-8].

## 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 also 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.

## ONGOING RESEARCH

Along with bone density testing, we build in several 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.

## DISCLAIMER

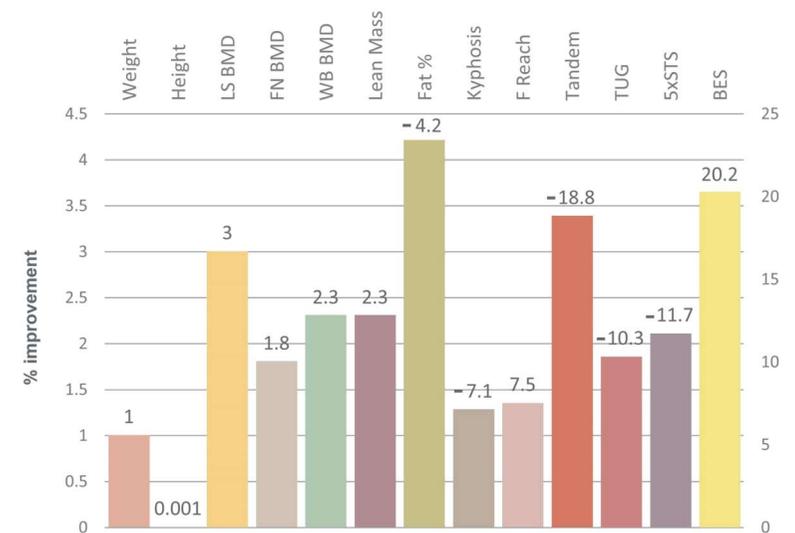
The ONERO® program is designed to improve osteoporosis or osteopenia, but consultation with a primary care provider and/or specialist is recommended to understand all treatment options.

*Just by chance, I came by an article on The Bone Clinic (home of ONERO®) 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 on life. My bone density improved by 5% in the spine and 8% in my hip!*



## Mean % improvement after 12 months supervised ONERO® training (n=451)

Increased dietary Ca<sup>++</sup> 19%, reduced supplementation 16%



Key: LS - lumbar spine; BMD - bone mineral density; FN - femoral neck; WB - whole body; T hip - Total Hip; F Reach - functional reach; TUG - Timed up and Go; 5xSTS - Five Times Sit to Stand; BES - Back Extensor Strength

## References

1. Watson SL, Weeks BK, ... Beck BR: 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. *JBMR* 33(2):211-220, 2018
2. Watson SL, Weeks BK, ... Beck BR: High-intensity exercise did not cause vertebral fractures and improves thoracic kyphosis in postmenopausal women with low to very low bone mass: The LIFTMOR trial Osteoporosis Int, 30(5):957-964, 2019
3. Harding AT, Weeks BK, ...Beck BR: A comparison of bone-targeted exercise strategies to reduce fracture risk in middle-aged and older men with osteopenia and osteoporosis: LIFTMOR-M semi-randomized controlled trial. *JBMR*. 35(8):1404-1414, 2020
4. Harding AT, Weeks BK, ...Beck BR: Effects of supervised high-intensity resistance and impact training or machine-based isometric training on bone geometry and strength in middle-aged and older men with low bone mass: The LIFTMOR-M semi-randomized controlled trial. *Bone*. 136:115362, 2020
5. Harding AT, Weeks BK, ... Beck BR: Exploring thoracic kyphosis and incident fracture from vertebral morphology with high-intensity exercise in middle aged and older men with osteopenia and osteoporosis: a secondary analysis of the LIFTMOR-M trial. *Osteoporosis Int* 32, 451-465, 2021
6. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: A comparison of bone-targeted exercise with and without antiresorptive bone medication to reduce indices of fracture risk in postmenopausal women with low bone mass: the MEDEX-OP randomised controlled trial. *JBMR Sep*;36(9):1680-1693, 2021
7. Kistler-Fischbacher M, Yong J, Weeks BK, Beck BR: High-Intensity Exercise and Geometric Indices of Hip Bone Strength in Postmenopausal Women on or off Bone Medication: The MEDEX-OP Randomised Controlled Trial, *Calcified Tiss Int Online First* 13/6/22, DOI: 10.1007/s00223-022-00991-z
8. Beck BR: Exercise prescription for osteoporosis: Back to Basics. *Perspectives for Progress ESSR*, 50(2):57-64, 2022

