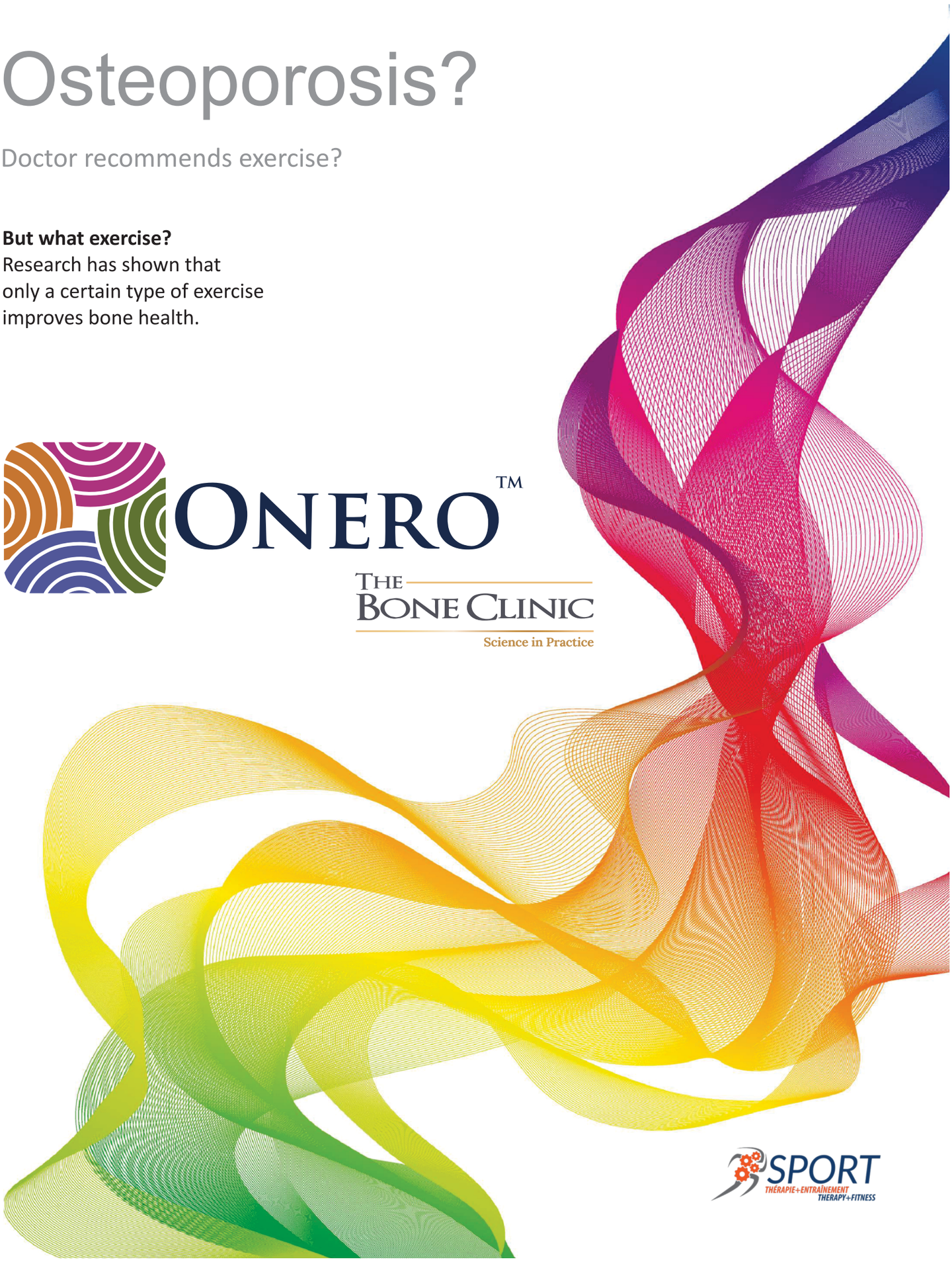
Osteoporosis?

Doctor recommends exercise?

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

ONERO™

THE BONE CLINIC
Science in Practice



SPORT
THÉRAPIE+ENTRAÎNEMENT
THERAPY+FITNESS

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 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 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.

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.

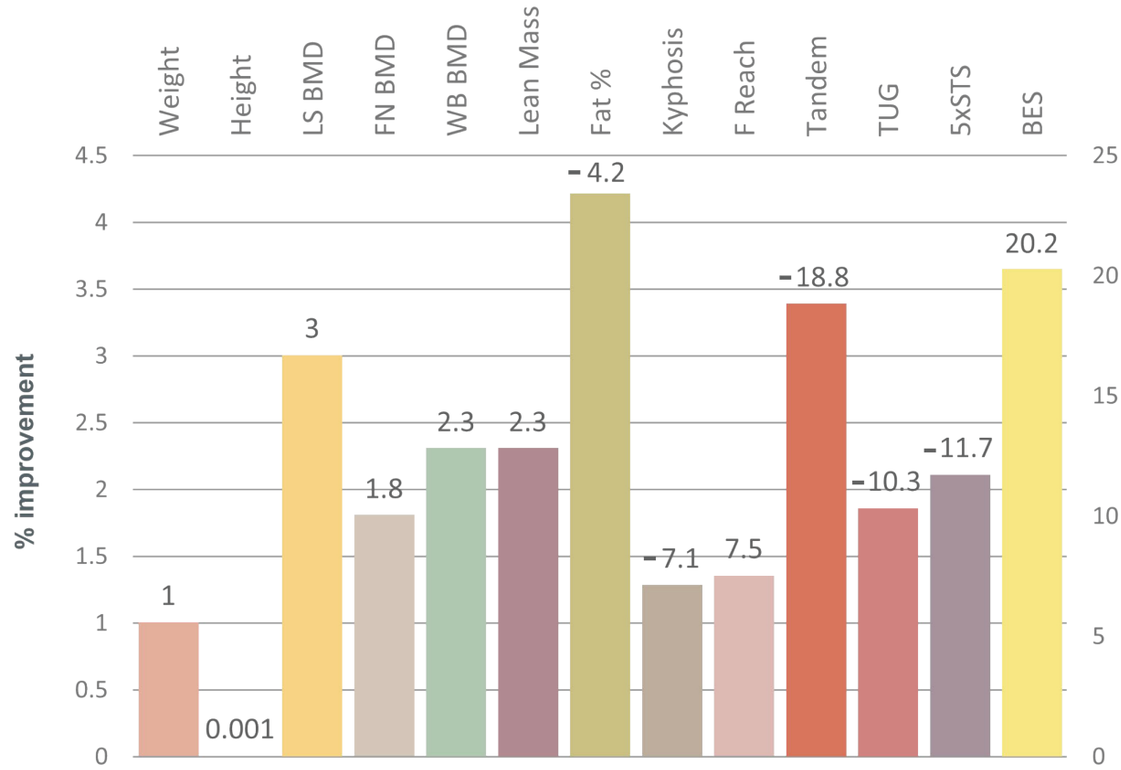




Just by chance I came by an article on The Bone Clinic and the wonderful news that women are increasing their bone density. I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease of life. My bone density improved by 5%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

Mean % improvement after 12 months supervised Onero(TM) training (n=451)

Increased dietary Ca^{++} 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

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ESSA

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

SCIENTIFIC RECOGNITION

The **Journal of Bone and Mineral Research** is the highest-ranking bone journal in the world, publishing over ~2,500 scientific papers a year, all undertaking rigorous peer review. In 2017, the publication on which the ONERO™ program 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™ 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™ from The Bone Clinic won the 'Practitioner Award' at the **Exercise and Sports Science Australia** 2018 Research to Practice meeting in Brisbane, Australia.

INTERNATIONAL RECOGNITION

ONERO™ featured in a **National Geographic** story about osteoporosis and exercise in January 2024.

In May 2018, **Wall Street Journal** published an article on the revolutionary ONERO™ program for osteoporosis and osteopenia.

ONERO™

HEALTHY BONES AUSTRALIA