



AGILITY HEALTHY BONE CLINIC

Osteoporosis is loss of bone scaffolding causing weakness and predisposition to fractures. It is a treatable condition that requires suitable medication and client specific exercise to load the bones safely.

If your doctor has diagnosed Osteoporosis, or osteopenia your doctor will probably recommend:

- Important lifestyle changes
- Medication to stop further bone loss and prevent fractures
- Bone loading exercise and Falls prevention measures (as falls can lead to breaks)

We specialise in the physical management of your bone and muscle health

We can work with your treating GP and medical specialists to ensure that you are safely loading your bones, strengthening muscles, improving your balance and exercising at a level that suits your current level of ability. Our dietician can assist with advice about calcium intake and diet.

Our team of allied health practitioners comprises:

- Physiotherapist
- Exercise physiologists
- Dietician
- Podiatrist

We assess each client and determine the best exercise strategy for each individual.

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At our clinic we offer:

- Gym strengthening programmes with weights
- Kinetic link Training - a systematic training system for full-body resistance, balance and movement control
- Bones and balance classes
- Clinical Pilates – biased towards standing, balance and functional strengthening
- Hydrotherapy- if you are very incapacitated by fractures and injury this is a great way to start your journey back to a functional you.



If you live too far away from our clinic we can also offer home programmes and distance consulting utilising telehealth and Zoom.

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