

Dr. Fishman's 12 Yoga Poses for Osteoporosis

1 Vrksasana (Tree)

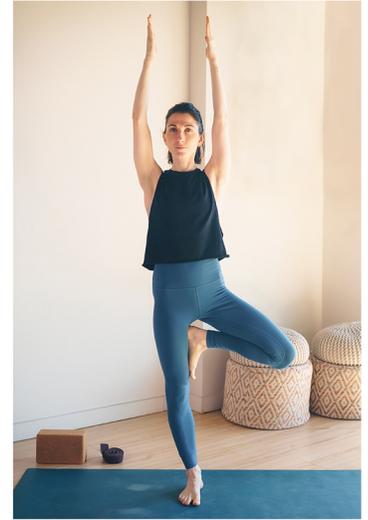
Osteoporosis



Osteopenia



Prevention

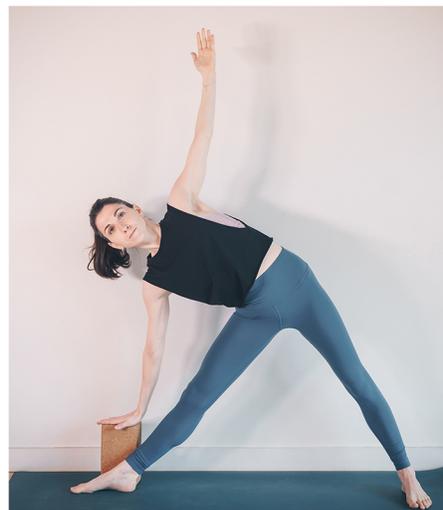


2 Trikonasana (Triangle)

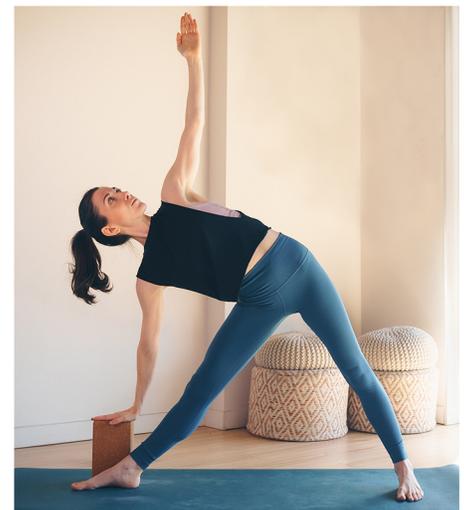
Osteoporosis



Osteopenia



Prevention



* Note to make the prevention variation of this pose more challenging, place your hand on the floor instead of a block.

3 Virabhadrasana II (Warrior II)

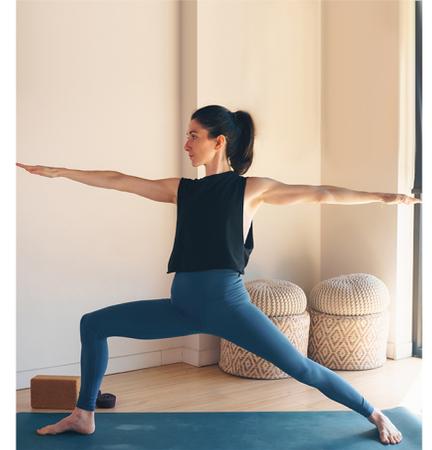
Osteoporosis



Osteopenia



Prevention



4 Parsvakonasana (Side-angle pose)

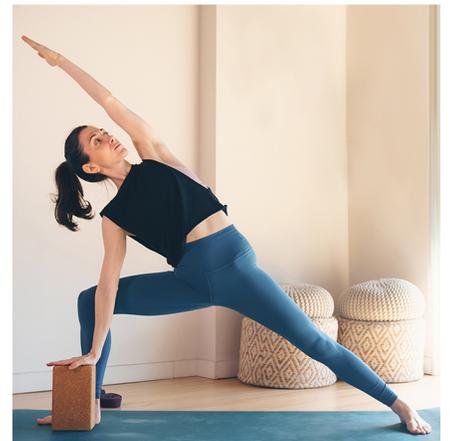
Osteoporosis



Osteopenia



Prevention



5 Parivrtta Trikonasana (Twisted triangle)

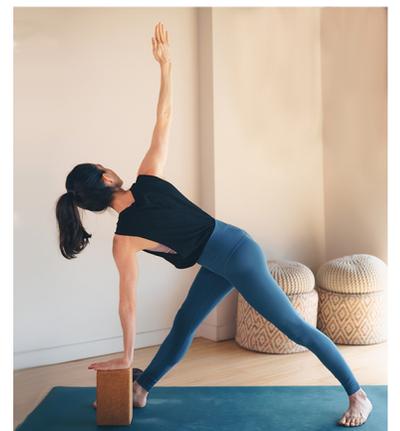
Osteoporosis



Osteopenia



Prevention



* Note to make the prevention variation of this pose more challenging, place your hand on the floor instead of a block.

6 Salabhasana (Locust)

Osteoporosis



Osteopenia



Prevention



* It's hard to tell in the osteopenia photo, but Cat's hands are hovering just above the floor.

7 Setu Bandhasana (Bridge)

Osteoporosis / Osteopenia



Prevention



8 Supta Padangusthasana I (Supine hand-to-foot I)

Osteoporosis



Osteopenia



Prevention



9 Supta Padangusthasana II (Supine hand-to-foot II)

Osteoporosis



Osteopenia



Prevention



10 Marichyasana II (Straight-legged twist)

Osteoporosis



Osteopenia



* The prevention variation of this pose involves a binding, which very few people can achieve safely. For these reasons, it's not pictured here.

11 Matsyendrasana (Bent-knee twist)

Osteoporosis



Osteopenia



* The prevention variation of this pose involves a binding, which very few people can achieve safely. For these reasons, it's not pictured here.

12 Savasana (Corpse pose)

Osteoporosis / Osteopenia / Prevention



* You can use a blanket under your head, shoulders, or knees to make this pose more comfortable.