

BUILDING STRONGER BONES

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

Chronic Care Australia is officially licensed to deliver ONERO™ – an evidence-based exercise protocol that aids in averting osteoporotic fractures by stimulating bone development and mitigating falls in at-risk individuals.

ONERO™ represents a new gold standard in exercise medicine for people who are living with, or facing, osteoporosis. Research and rigorous clinical trials have unveiled a crucial truth: exercise is not a one-size-fits-all endeavour, especially when it comes to preserving and enhancing bone density.

Revolutionising Bone Care

The award-winning ONERO™ exercise protocol is tailored for people with low bone mass and based on the outcomes of the groundbreaking LIFTMOR and MEDEXOP trials, conducted under the supervision of Professor Belinda Beck, from Griffith University and The Bone Clinic. ONERO™ has made significant strides since its inception in 2015 and **Chronic Care Australia** is now licensed and accredited to deliver it.

Supervision is Essential

ONERO™ builds bone and muscle strength via a bone-targeted, high-intensity resistance and impact exercise program. This innovative intervention requires supervision by accredited professionals (exercise physiologists or physiotherapists) for safe and effective delivery. Data collected from initial DXA scans, and attendance and execution of classes, are cross referenced to ensure high clinical improvements in bone mineral density (BMD) occur as a result of participation.

Chronic Care Australia places safety at its core. Prior to embarking on ONERO™, we will conduct clinical assessments/screening to determine it is suitable for each participant and, if so, work to prevent injury or the worsening of existing secondary conditions.

Close supervision by an ONERO™ accredited exercise physiologist is another essential. The risk of injuries is always a concern for people who are frail, have complex comorbidities, are elderly with balance concerns, or those who have not been exposed to strength training. However, once screened and the appropriate readiness steps have occurred, injuries during supervised ONERO™ training classes are rare.

KEY FEATURES

The latest analysis of The Bone Clinic data shows that improvement was observed in every measured parameter and reached significance for:

Lumbar Spine BMD: Increase from 4.0% to 4.1%

Total Hip BMD: Increase from 1.5% to 3.4%

Femoral Neck BMD: Increase from 2.4% to 4.5%

Lean Mass: Increase from 1.8% to 4.1%

Functional Reach: Increase from 8.1% to 12.0%

Sit to stand: Increase from 10.7% to 17.6%

Back Extensor Strength: Increase from 27.8% to 49.1%

Previous 12 months falls:

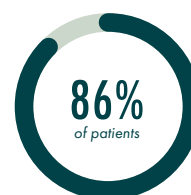
Decreased 45%. 45 falls were recorded the year before, compared to 25 the following year.

Previous fractures:

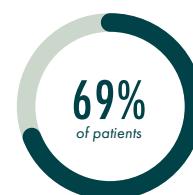
Decreased 91.7%. 24 fractures were recorded the year before, compared to 2 the following year.

Stronger Bones Ahead: ONERO™ for Optimal Health

ONERO™ transcends traditional fitness routines, offering an evidence-based approach that targets bone mineral density, minimises fall risks, and champions overall wellbeing. Since its launch in the founding state of Queensland, additional research has affirmed its efficacy in enhancing bone density, fortifying posture, and curbing the risk of falls among clinic patients.



INCREASED
their lumbar spine
bone mass



INCREASED
their hip
bone mass

*Source: onero.academy/osteoporosis-exercises/

Furthermore, this comprehensive program significantly slashes the risk of osteoporotic fractures in postmenopausal women and older men with low to very low bone mass. ONERO™ is also ideal for men undergoing prostate cancer treatment and/or navigating remission with ongoing treatment.



DARE TO CARE, DARE TO CHANGE, DARE TO KNOW

Better bone health begins with you – and ONERO™

Contact Chronic Care Australia for a **FREE 10-minute osteoporosis consultation today and discover how ONERO™ is rewriting the rules for bone health with targeted, proven exercise programs.**

Please scan the QR Code for more information and to register for CCA's Osteoporosis, Osteopenia & ONERO™ programs



The cost of our exercise medicine programs starts from \$75 per week and includes all group and individual appointments, as well as one-on-one reviews.

Patients who are on a Chronic Disease Management (CDM) plan enjoy Medicare rebates. Private health rebates are available for those who are eligible.

People diagnosed and/or receiving treatment for prostate cancer are invited to discover how ONERO™ can be incorporated into their personalised exercise medicine for prostate cancer program.

Please call the clinic on 9385 1430 to register your interest or visit chroniccare.com.au/prostate-cancer

Bone health by the numbers:

- + **20%** of people aged **75+** years have osteoporosis or osteopenia (ABS 2018).
- + Osteoporosis is more common in women than men. Over **1 in 4** women aged **75+** have osteoporosis, compared with **1 in 10** men.
- + People aged **45+** with osteoporosis were almost **3 times** as likely to experience very high levels of psychological distress, compared with those without the condition (2017–18 NHS).
- + People with osteoporosis were **2.7 times** as likely to describe their health as poor, compared to those without the condition.
- + In 2020-21, there were **9300** hospitalisations with a principal diagnosis of osteoporosis and **107,000** hospitalisations for minimal trauma fractures in people aged **45+**.
- + The average woman loses up to **10%** of her bone mass in the first 5 years after menopause.

Sources: www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/osteoporosis and www.menopause.org.au/hp/information-sheets/osteoporosis

“Bones are the silent heroes of our body’s architecture. As years pass, nurturing them becomes essential. Strength training, done to the specificities of Professor Belinda Beck’s protocol, will ensure not only an arrest in BMD decline but will improve muscle function and mobility. This is extremely exciting. I could not be more pleased to be in a position to offer these specialised classes to our community.”



Katie Stewart

BHMS ESSAM AEP, Director & Co-founder, Chronic Care Australia

DISCLAIMER: While the ONERO™ program aims to address osteoporosis or osteopenia, consulting a primary care provider or specialist is strongly recommended to explore all available treatment avenues. CCA can work with all referring GPs and specialists to accommodate each individual’s clinical needs.



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