

## Bone Builder Gear for treating/preventing osteoporosis: Sources

**resistance tubes (for strengthening femoral neck) :**

<http://www.power-systems.com/p-2695-versa-o.aspx>

or from Sherri Betz at TheraPilates in Capitola (near Santa Cruz, CA).

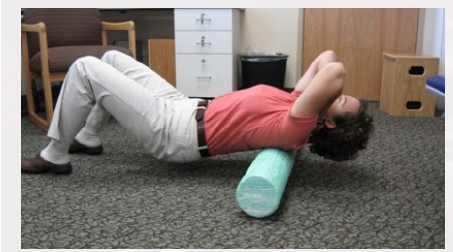
<http://www.therapilates.com/>



More photos & very basic instructions how to use at

[healthinourownhands.info/wp-content/uploads/2011/02/Resistance-tube-for-hip.pdf](http://healthinourownhands.info/wp-content/uploads/2011/02/Resistance-tube-for-hip.pdf)

**foam rollers (for strengthening thoracic spine):** <http://www.power-systems.com/p-2469-foam-rollers.aspx> (get Foam Roller Round 36×6) or from Sherri Betz.



[http://www.therapeuticassociates.com/wp-content/uploads/SL\\_TAI\\_FoamRoller\\_back.pdf](http://www.therapeuticassociates.com/wp-content/uploads/SL_TAI_FoamRoller_back.pdf)

**braided towels (for strengthening shoulder girdle):**

<http://ronfletcher.biz/sp-bin/spirit?PAGE=5> or from Sherri Betz.



Modifying Pilates For Clients With Osteoporosis