



## Nordic walking--is it suitable for patients with fractured vertebra?

<https://arctichealth.org/en/permalink/ahliterature91900>

Author: Wendlova J.

Author Affiliation: University Derer's Hospital and Polyclinic, Osteological Centre, Bratislava, Slovakia. [jwendlova@mail.t-com.sk](mailto:jwendlova@mail.t-com.sk)

Source: Bratisl Lek Listy. 2008;109(4):171-6

Date: 2008

Language: English

Publication Type: Article

Keywords: Biomechanics  
Exercise Therapy  
Fractures, Spontaneous - rehabilitation  
Humans  
Spinal Fractures - physiopathology - rehabilitation  
Walking

Abstract: This article brings the biomechanical analysis of sport--Nordic walking--for patients with osteoporotic fractured vertebrae and shows that it is suitable for them. Based on the biomechanical model of skeletal load we have developed a method of walking movement for patients, different from the method of walking movement for healthy people. And so came into being the "first sport" for patients with osteoporotic fractures. They can go for regular walks in easy terrains outdoors with friends and family, and so be liberated from social isolation. It requires only one-off financial costs of buying the poles and special footwear (Tab. 7, Fig. 3, Ref. 14). Full Text (Free, PDF) [www.bmj.sk](http://www.bmj.sk).

PubMed ID: 18814434 [View in PubMed](#) 