The mission of the Academy of Geriatrics is to further our members’ ability to provide best practice physical therapy and to advocate for optimal aging.

BONE HEALTH REFERENCES – Updated Feb 2017
Compiled by the Bone Health Special Interest Group

* Newly added references in Arial Font

1. EXERCISE AND BONE HEALTH: REVIEWS AND META-ANALYSES


2. MECHANICAL MODELS


Schriefer JL, Warden SJ, Saxon LK, Robling AG, Turner CH. Cellular accommodation and the response of


Warden SJ, Turner CH. Mechanotransduction in cortical bone is most efficient at loading frequencies of 5-10 Hz. *Bone* 2004;34:261-270.


### 3. IN VIVO MODELS


### 4. PREDICTORS AND EFFECTS OF THORACIC HYPERKYPHOSIS


5. EXERCISE INTERVENTIONS FOR KYPHOSIS OR VERTEBRAL FRACTURE


Rehabilitation, published ahead of print.

Olsen CF & Bergland A. The effect of exercise and education on fear of falling in elderly women with osteoporosis and a history of vertebral fracture: results of a randomized controlled trial. Osteoporos Int 2014;25(8), 2017-2025.


6. EPIDEMIOLOGY AND RISK OF FRACTURE


Shipp, KM; Purse, JL; Gold, DT; Pieper, CF; Sloane, R; Schenckman, M; Lyles, KW. Timed loaded standing: a measure of combined trunk and arm endurance suitable for people with vertebral osteoporosis. Osteoporosis International 2002;11:914-922.


7. FLEXION EXERCISES


8. OTHER EXERCISES, ACTIVITY INTERVENTIONS & MEDICAL MANAGEMENT FOR BONE HEALTH


Watson, S. L., et al. (2015). "Heavy resistance training is safe and improves bone, function, and stature in postmenopausal women with low to very low bone mass: novel early findings from the LIFTMOR trial." *Osteoporos Int*.

### 9. HIP FRACTURE:


10. **VIBRATION:**


11. MEN:


12. CHILDREN/adolescents/young adults:


Callreus M; McGuigan F; Ringsberg K; Akesson K. Self-reported Recreational Exercise Combining Regularity and Impact is Necessary to Maximize Bone Mineral Density in Young Adult Women. *Osteoporos Int* 2012;23:2517-26.


**RESOURCES:**

National Bone Health Alliance / Strong Bones America [http://www.nbha.org](http://www.nbha.org)

Own the Bone [http://www.ownthebone.org](http://www.ownthebone.org)


MedBridge Education Osteoporosis Courses: [https://www.medbridgeeducation.com/courses/#/physicaltherapy?categories=1523&search=osteoporosis](https://www.medbridgeeducation.com/courses/#/physicaltherapy?categories=1523&search=osteoporosis)

Osteoporosis Canada [https://www.osteoporosis.ca/](https://www.osteoporosis.ca/)


FORE Fracture Risk Calculator www.americanbonehealth.org

WHO Fracture Assessment Tool http://www.shef.ac.uk/FRAX/tool.jsp