# BONE HEALTH REFERENCES

Updated December 2020

Compiled by the Bone Health Special Interest Group

* References added in 2020 review are in Blue

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2. MECHANICAL MODELS RELATED TO FRACTURE RISK AND TO EXERCISE


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 RELATED TO FRACTURE RISK AND TO EXERCISE


### 4. PREDICTORS AND EFFECTS OF THORACIC HYPERKYPHOSIS


**5. EXERCISE INTERVENTIONS FOR KYPHOSIS AND/OR VERTEBRAL FRACTURE**


Barker, KL. Exercise or manual physiotherapy compared with a single session of physiotherapy for osteoporotic vertebral fracture: three-arm PROVE RCT. *Health Technol Assess*, 2019;23(44)


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


7. FLEXION EXERCISES


8. OTHER EXERCISE AND ACTIVITY INTERVENTIONS, ASSESSMENTS, & MEDICAL MANAGEMENT FOR BONE HEALTH


Shipp, KM; Purse, JL; Gold, DT; Pieper, CF; Sloane, R; Schenkman, 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.

Speerin R, Slater H, Li L, Moore K, Chan M, Dreinhofer K, Ebeling PR, Willcock


Wu CH, Tu ST, Chang YF, et al. Fracture liaison services improve outcomes of patients with osteoporosis-related fractures: A systematic literature review and meta-analysis. *Bone.* 2018;111:92-100. doi:10.1016/j.bone.2018.03.018

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.


