

# BONE STRENGTH, OSTEOPOROSIS, & YOGA

with Jenni Rawlings

## References:

- Beck, Belinda R., et al. "Exercise and Sports Science Australia (ESSA) position statement on exercise prescription for the prevention and management of osteoporosis." *Journal of science and medicine in sport* 20.5 (2017): 438-445.
- Deere, Kevin, et al. "Habitual levels of high, but not moderate or low, impact activity are positively related to hip BMD and geometry: results from a population-based study of adolescents." *Journal of bone and mineral research* 27.9 (2012): 1887-1895.
- Griffith, James F., and Harry K. Genant. "Bone mass and architecture determination: state of the art." *Best practice & research Clinical endocrinology & metabolism* 22.5 (2008): 737-764.
- Hinton, Pamela S., Peggy Nigh, and John Thyfault. "Effectiveness of resistance training or jumping-exercise to increase bone mineral density in men with low bone mass: A 12-month randomized, clinical trial." *Bone* 79 (2015): 203-212.
- Hong, A. Ram, and Sang Wan Kim. "Effects of resistance exercise on bone health." *Endocrinology and Metabolism* 33.4 (2018): 435.
- Kohrt, Wendy M., Ali A. Ehsani, and Stanley J. Birge JR. "Effects of exercise involving predominantly either joint-reaction or ground-reaction forces on bone mineral density in older women." *Journal of Bone and Mineral Research* 12.8 (1997): 1253-1261.
- Warden, Stuart J. "Bone Stress Injuries." *Physio Network*. <https://www.physio-network.com/masterclass/bone-stress-injuries/>
- Watson, Steven L., et al. "High-intensity resistance and impact training improves bone mineral density and physical function in postmenopausal women with osteopenia and osteoporosis: the LIFTMOR randomized controlled trial." *Journal of Bone and Mineral Research* 33.2 (2018): 211-220.
- Wilcox, Sylvia J., et al. "Ground reaction forces generated by twenty-eight Hatha Yoga postures." *International journal of exercise science* 5.2 (2012): 114.