

Beyond the Break Webinar on Osteoporosis & Exercise

Part 1: Importance of Exercise, in Strength, Posture and Balance Training for Fall Prevention - December 9, 2016

Virtual Handout Reading List

Now that you have learned about *Best Practices* concerning Osteoporosis and Exercise continue expanding your knowledge with the articles listed below.

(To read the *abstracts*, simply click on the word “abstract”. If you would like to read the *complete article*, please contact, Mary Beth Forget, the Fall Prevention CoP Information Specialist through the LOOP Library Services webpages (<http://www.fallsloop.com/about/library-service>). Once on the homepage, scan to the bottom of the page to see “Request Library Service”. Then click “Make a Request”.)

Recommended Readings

1. Beck BR, Daly RM, Singh MA, Taaffe DR. **Exercise and Sports Science Australia (ESSA) position statement on exercise prescription for the prevention and management of osteoporosis.** J Sci Med Sport. 2016 Oct 31. pii: S1440-2440(16)30217-1. [Abstract](#)
2. Giangregorio L, El-Kotob R. **Exercise, muscle, and the applied load-bone strength balance.** [Osteoporos Int.](#) 2016 Oct 13. [Abstract](#)
3. Sherrington C, Michaleff ZA, Fairhall N, Paul SS, Tiedemann A, Whitney J, Cumming RG, Herbert RD, Close JC, Lord SR. **Exercise to prevent falls in older adults: an updated systematic review and meta-analysis.** Br J Sports Med. 2016 Oct 4. pii: bjsports-2016-096547. [Abstract](#)

Additional Readings

1. Giangregorio LM, Papaioannou A, Macintyre NJ, Ashe MC, Heinonen A, Shipp K, Wark J, McGill S, Keller H, Jain R, Laprade J, Cheung AM. **Too Fit To Fracture: exercise recommendations for individuals with osteoporosis or osteoporotic vertebral fracture.** Osteoporos Int. 2014 Mar;25(3):821-35. [Full Text](#)
2. Giangregorio LM, MacIntyre NJ, Heinonen A, Cheung AM, Wark JD, Shipp K, McGill S, Ashe MC, Laprade J, Jain R, Keller H, Papaioannou A. **Too Fit To Fracture: a consensus on future research priorities in osteoporosis and exercise.** Osteoporos Int. 2014 May;25(5):1465-72. [Full Text](#)
3. Guadalupe-Grau A, Fuentes T, Guerra B, Calbet JA. **Exercise and bone mass in adults.** Sports Med. 2009;39(6):439-68. [Abstract](#)

4. Järvinen TL, Sievänen H, Khan KM, Heinonen A, Kannus P. **Shifting the focus in fracture prevention from osteoporosis to falls.** BMJ. 2008 Jan 19;336(7636):124-6. [Full Text](#)
5. Kemmler W, von Stengel S, Kohl M. **Exercise frequency and bone mineral density development in exercising postmenopausal osteopenic women. Is there a critical dose of exercise for affecting bone? Results of the Erlangen Fitness and Osteoporosis Prevention Study.** Bone. 2016 Aug;89:1-6. [Abstract](#)
6. Levis S, Theodore G. **Summary of AHRQ's comparative effectiveness review of treatment to prevent fractures in men and women with low bone density or osteoporosis: update of the 2007 report.** J Manag Care Pharm. 2012 May;18(4 Suppl B):S1-15; discussion S13. [Abstract](#)
7. Papaioannou A, Santesso N, Morin SN, Feldman S, Adachi JD, Crilly R, Giangregorio LM, Jaglal S, Josse RG, Kaasalainen S, Katz P, Moser A, Pickard L, Weiler H, Whiting S, Skidmore CJ, Cheung AM; Scientific Advisory Council of Osteoporosis Canada. **Recommendations for preventing fracture in long-term care.** CMAJ. 2015 Oct 20;187(15):1135-44, E450-61.
8. Papaioannou A, Morin S, Cheung AM, Atkinson S, Brown JP, Feldman S, Hanley DA, Hodsman A, Jamal SA, Kaiser SM, Kvern B, Siminoski K, Leslie DW. **2010 Clinical Practice Guidelines for Diagnosis and Management of Osteoporosis in Canada.** CMAJ. 2010. Oct 12; 182(1) 1-10.

Internet Resources

1. **To Fit To Fracture Videos and other resources – Osteoporosis Canada**
<http://www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-to-Fall-or-Fracture.pdf>
2. **Make the First Break the Last with Fracture Liaison Services**
<https://www.bonefit.ca/wp-content/uploads/FLS-TOOLKIT.pdf>
3. **Osteoporosis and Exercise: How exercise can help with bone health, fragile bones and fractures – The National Osteoporosis Society (UK)**
<https://nos.org.uk/media/1579/exercise-and-osteoporosis-november-2014.pdf>
4. **Exercising with osteoporosis: Stay active the safe way – Mayo Clinic**
<http://www.mayoclinic.org/diseases-conditions/osteoporosis/in-depth/osteoporosis/art-20044989>
5. **Exercise Recommendations – International Osteoporosis Foundation**
<https://www.iofbonehealth.org/exercise-recommendations>
6. **Exercise – Osteoporosis Australia**
<http://www.osteoporosis.org.au/sites/default/files/files/Exercise%20Fact%20Sheet%202nd%20Edition.pdf>