



Osteogenic Loading: A New Modality To Facilitate Bone Density Development

By John Jaquish, Raj Singh, Eleanor Hynote, Jason Conviser

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For the past century the medical community has addressed osteoporosis as an inevitable part of the aging process. Technology developed over the past six years may mandate the medical community reevaluate their position on this disease state. This new modality for therapy and exercise is osteogenic loading, which means the growth of new bone mass through axial loading of the musculoskeletal system. This simple and effective exercise intervention can be widely used and safely prescribed for almost all populations. In addition to improving strength and bone health, subjects using osteogenic loading have greatly increased force production, thereby building the ability to increase balance.

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