Multiple-of-bodyweight axial bone loading using novel exercise intervention with and without bisphosphonate use for osteogenic adaptation

J. Jaoish

Performance Health Systems, Chicago, United States

Received 4 August 2013; revised 8 August 2013; accepted 9 September 2013

Abstract:
Aim: To determine bone density adaptation from multiple-of-bodyweight (MOB) compressive force with exercise apparatus designed for osteogenic loading.
Methods: Osteogenic Loading (OL) apparatus was used to isolate optimal ranges of motion allowing for axial bone loading at levels that could be MOB (force/loading measured by load cells within the OL apparatus). Optimal positions for OL were verified by analysis of force production maximization [1]. Volunteer subjects, mean age of 62.5 (+/- 8.2 SD), (n = 14) performed 4 specific multi-joint movements on the OL apparatus, each lasting 5 seconds. Sessions were repeated once per week.
Results: Mean peak force/loading for subjects was 9.18 (+/- 2.63 SD) MOB (hip/legs) and 3.13 (+/- 0.79 SD) MOB (spine). Since different hospitals and radiology offices were used to gather DXA data, not all subjects had both hip and spine T-scores, and weeks' sessions of using OL were not uniform, the results are presented in a case report format, depicting pre and post DXA of hip and spine.
Conclusions: This MOB level of axial force has been seen to improve BMD [2, 3, 4], however, it has been commonly affiliated with injury. BMD improvement outcomes were observed in all subjects for one or both test sites with no instances of injury or discomfort, at levels of MOB reaching 9.18 (+/- 2.63 SD) MOB (hip/legs) and 3.13 (+/- 0.79 SD) MOB (spine). These results suggest a larger more controlled study be done to further examine the OL stimulus and adaptation.

Keywords: Exercise, Multiple of bodyweight
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Presented at the International Osteoporosis Foundation 4th Annual Asia Pacific Regional

Introduction:
Aim: To determine bone density adaptation from multiple-of-bodyweight (MOB) compressive force with exercise apparatus designed for osteogenic loading.

Methods: Osteogenic Loading (OL) apparatus was used to isolate optimal ranges of motion allowing for axial bone loading at levels that could be MOB (force/loading measured by load cells within the OL apparatus) seen right. Force-production-increase adaptations of 550 test subjects of both genders was previously analyzed. Gains in force production had been found averaging 6.1% for females and 5.1% for males, per weekly sessions, after learning offset was discounted in beginning sessions [5]. Optimal positions for OL were
verified by analysis of force production maximization and electron myography [1]. For this study, volunteer subjects, mean age of 62.5 (+/-3.2 SD), (n=14) performed 4 specific multi-joint movements on the OL apparatus, each lasting 5 seconds. Subjects were told to perform OL movements with the greatest amount of force possible, while still maintaining comfort. Sessions were repeated once per week. DXA scans were repeated at differing intervals determined by the subject's physicians. Duration of OL therapy between scans was 1.02 years (+/-3.4 SD). Patients approved use of their de-identified DXA scans with their physicians.

Results: Mean peak force/loading for subjects was 9.18 (+/-2.63 SD) MOB (hipflips) and 3.13 (+/-0.79 SD) MOB (spins). Since different hospitals and radiology offices were used to gather DXA data, not all subjects had both hip and spine T-scores, and weeks/sessions of using OL were not uniform, the results are presented in a case report format, depicting pre and post DXA of hip and spine. The BMD (g/cm2) measures in the subjects increased an average of 7.02% in the hip and 7.73% in the spine. The BMD increases that occurred reached statistical significance from pre to post DXA scans ANCOVA (P <0.001).

Discussion: The forces applied in the BOB loading that this OL intervention can allow, are beyond those seen in conventional exercise or activity. The therapy provided with OL shows not only high forces, but indicates how users respond to the forces based on comfort as the limiting factor. This loading can be seen as a measure of bone performance, for example an individual who can comfortably produce 10 MOB in the lower extremities on the OL apparatus could potentially possess a greater ability to absorb impact forces in a fall over an individual who can only produce 3 MOB. More research is needed to determine quantifications of bone performance. Bisphosphonate intervention primarily affects the cortical layer in bone. A protocol that combines therapy with OL in conjunction with bisphosphonates could potentially affect both cortical and trabecular bone mass and provide a more complete

BMD reconditioning. The variance of T-score and BMD results varied with specifically subject 3 having results above the normal distribution from the other subjects. It is important to point out that this is an exercise intervention, and results seen with any exercise depend heavily on the individual's commitment to the activity.

Conclusions:
- This MOB level of axial force has been seen to improve BMD [3, 4], but has been commonly affiliated with injury. No instances of injury were reported with these subjects.
- Statistically significant BMD increase outcomes were observed in all subjects for one or both test sites.
- BMD increased in both the subjects who where not taking bisphosphonates and the single subject who was.
- A larger more controlled study with respect to duration and sample size is required to further examine the OL stimulus and adaptation.

Conflicts of Interest Disclosure: Author has ownership/financial interest in Performance Health Systems, LLC., a corporation that manufactures and distributes the OL apparatus used in the analysis. Subject data was shared by physicians whose patients were using the OL apparatus and whose pre and post subject DXA scans fall within the usage parameters (use of OL once weekly or bi-monthly, and pre and post DXA fall within the prescription of 15 to 70 weeks).

References:

Above: A post-menopausal female subject is achieving leg hip loading of 1200lbs.54kg. This is 10 multiples of her bodyweight. In the movement, the seat fixture does not move, nor does the foot plate. The movement seen is from compression.