

## **Beyond Bone Density: The Real Role of Yoga in Osteoporosis Care – Handout & Research Citations**

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The Management of Osteoporosis among Home Health and Long Term Care Patients with a Prior Fracture

Warriner, 2010

<https://pmc.ncbi.nlm.nih.gov/articles/PMC2720154/>

Bone Health and Osteoporosis: A Report of the Surgeon General.

NIH

<https://www.ncbi.nlm.nih.gov/books/NBK45502/>

The crippling consequences of fractures and their impact on quality of life

Cooper, 1997

<https://pubmed.ncbi.nlm.nih.gov/9302893/>

Effects of resistance and balance exercises for athletic ability and quality of life in people with osteoporotic vertebral fracture: Systematic review and meta-analysis of randomized control trials

Li, et al.; 2023

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10033532/>

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  
Watson et al, 2017

<https://pubmed.ncbi.nlm.nih.gov/28975661/>

The impact of adding weight-bearing exercise versus nonweight bearing programs to the medical treatment of elderly patients with osteoporosis

Shanb, et al.; 2014

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4214007/>

Low load, high repetition resistance training program increases bone mineral density in untrained adults  
Petersen, et al.; 2017

<https://pubmed.ncbi.nlm.nih.gov/26364686/>

Management of chronic pain in osteoporosis: challenges and solutions

Paolucci, et al.; 2015

<https://www.dovepress.com/management-of-chronic-pain-in-osteoporosis-challenges-and-solutions-peer-reviewed-fulltext-article-JPR>

Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis

Tuzun, et al.; 2010

<https://pubmed.ncbi.nlm.nih.gov/20332729/>