

Participants



The effect of resistance band
exercise on bone density of
the spine

6 month(s) to complete

Sincere Gratitude

Experiment

Loughborough LE11 3AD, UK

Loughborough University

The purpose of this study is to develop and evaluate an acceptable exercise intervention to benefit spine bone density and posture in post-menopausal women. We will ask half the volunteers to spend up to thirty minutes, three times per week doing resistance band exercise in a group (in the Loughborough area) or at home. You will also be invited for bone density scans and other measurements at the National Centre of Sport and Exercise Medicine, Loughborough University.

Find out more online

Poster printed on 25/04/2024

Study expires on 31/03/2019

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/W0BR23

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