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## **Non-Drug Protocol for Building Bone Density Expected to Steal Spotlight at World Congress on Osteoporosis**

**MILAN (March 5, 2015)** – When more than 4,500 scientists, clinicians and other thought-leaders in the fields of osteoporosis, osteoarthritis and musculoskeletal diseases gather here later this month for the World Congress on Osteoporosis, it may be the first time in the 17-year history of the field’s largest educational research forum that the hot-button topic is an emerging non-pharmaceutical protocol for enhancing bone health. Based on the well-accepted scientific principles of Wolff’s law, osteogenic loading at multiples of body weight has long been recognized as the most effective means of building bone mass. But only recently have biomedical engineers figured out how to generate high enough levels of loading stimulus to accomplish significant bone growth, with minimal risk of injury.

Potentially the most exhaustive symposium on the topic to-date, “Osteogenic Loading: Low-Impact, High-Loading Stimulus for Bone Density Development” will explore the physiological reactions of bone under impact-level forces, associated risks and rewards, and measurement methodology. Panelists will include Riku Nikander, PhD, managing director of the Gerontology Research Center at Finland’s GeroCenter Foundation for Aging Research and Development, Lynn Freeman, PhD, senior scientist for the U.S. Department of Health and Human Services’ PATH Clinical Research Institute, and symposium chair John Jaquish, PhD, chief science and technology officer for Performance Health Systems and inventor of the bioDensity™ osteogenic loading system.

Regarded as a breakthrough in the prevention and treatment of degenerative bone diseases, the patented bioDensity system places users in optimal biomechanical positions to safely load multiples of their body weight for short periods of time. Resultantly, and in accordance with Wolff’s law, the intense compressive forces distort bone mass causing bone

synthesizing cells, known as osteoblasts, to absorb minerals to reinforce the structure of the bone, making it harder and less porous. The recommended bioDensity regimen is one session a week, consisting of four brief load exposures – seated chest press, leg press and core pull, and standing vertical lift. Force loaded with the bioDensity system is self-imposed, meaning users control the amount of load applied based on comfort, practically eliminating the risk of injury.

A research study published in a January 2014 supplement of *Osteoporosis International*, the official journal of the International Osteoporosis Foundation and National Osteoporosis Foundation, substantiated increases in bone mass among subjects using bioDensity at levels previously unseen for any non-pharmaceutical protocol. According to DXA scans, study participants, with an average age of 60, increased hip bone density by an average of 7.1 percent, and spinal bone density by 7.7 percent, after using bioDensity for one year on average.

For additional information and substantiating science on bioDensity as a safe, effective, comfortable and convenient approach to increasing bone density, visit [biodensity.com](http://biodensity.com). The site also includes a list of wellness centers, medical groups and doctors' offices around the world where the bioDensity system can be found.

Performance Health Systems LLC specializes in delivering advanced technology solutions through its health and wellness equipment. In addition to bioDensity, the company is the manufacturer and global distributor of Power Plate<sup>®</sup>, the world's leading brand of whole-body vibration exercise equipment, for both home and professional use.