

4-22-2022

Debunking Medical Myths: Impacts Bone Development In Children & Adolescents

Abdullah Mahmood

Wayne State University School of Medicine, hi2736@wayne.edu

Molly Wilson

Wayne State University School of Medicine, hh8814@wayne.edu

Lucas Edgren

Wayne State University School of Medicine, hi9839@wayne.edu

Laial Baltaji

Wayne State University School of Medicine, gh9730@wayne.edu

Kartheek Ramchander

Wayne State University School of Medicine, hj0286@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Mahmood, Abdullah; Wilson, Molly; Edgren, Lucas; Baltaji, Laial; Ramchander, Kartheek; and Archer, Lyndsay, "Debunking Medical Myths: Impacts Bone Development In Children & Adolescents" (2022). *Patient Education Projects*. 317.

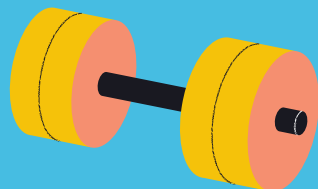
https://digitalcommons.wayne.edu/pat_edu_proj/317

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Abdullah Mahmood, Molly Wilson, Lucas Edgren, Laial Baltaji, Kartheek Ramchander, and Lyndsay Archer

HOW RESISTANCE TRAINING



IMPACTS BONE DEVELOPMENT IN CHILDREN & ADOLESCENTS



FORM & SUPERVISION ARE KEY

Although lifting weights can be dangerous, if they are used properly they can significantly improve bone development in kids.²

JUMP IN!

Jumping has been shown to improve bone density. Whatever activity you choose, make sure YOU are having fun!¹



IMPACT OF WEIGHT-BEARING ACTIVITY ON GIRLS

Weight-bearing activity performed for more than 3 days per week increases bone density and strength in the lower back and legs of growing girls.³

This type of activity may improve bone health prior to adulthood and help prevent osteoporosis later in life.³



BROWN 8

KARTHEK RAMCHANDER, MOLLY WILSON, ABDULLAH MAHMOOD, LAIAL BALTAJI, LUCAS EDGREN, LYNSAY ARCHER

2. HIND K, BURROWS M. WEIGHT-BEARING EXERCISE AND BONE MINERAL ACCRUAL IN CHILDREN AND ADOLESCENTS: A REVIEW OF CONTROLLED TRIALS. BONE. 2007;40(1):14-27.

DOI:10.1016/J.BONE.2006.07.006

1. GÓMEZ-BRUTON A, MATUTE-LLORENTE Á, GONZÁLEZ-AGÜERO A, CASAJÚS JA, VICENTE-RODRÍGUEZ G. PLYOMETRIC EXERCISE AND BONE HEALTH IN CHILDREN AND ADOLESCENTS: A SYSTEMATIC REVIEW. WORLD J PEDIATR. 2017;13(2):112-121. DOI:10.1007/S12519-016-0076-0

3. ISHIKAWA S, KIM Y, KANG M, MORGAN DW. EFFECTS OF WEIGHT-BEARING EXERCISE ON BONE HEALTH IN GIRLS: A META-ANALYSIS. SPORTS MED. 2013;43(9):875-892. DOI:10.1007/S40279-013-0060-Y