

Optimal Biomechanics

By generating load in the optimal biomechanical position, users recruit a higher percentage of muscle fibres than conventional exercise. The greater the load placed on the bones and joints, the greater the adaptive response.

Safe and effective

Unlike other modalities, all loads are self-applied and regulated by the user's level of comfort. As a result, each application of compressive load is both safe and reliable.

Immediate, Understandable Performance Feedback

The London Osteoporosis Clinic Osteogenic Loading programme effectively delivers measurable results. Each patient's performance is carefully monitored and reports are generated following each session.



London Osteoporosis Clinic Osteogenic Loading (LOC OL)

programme is based on the science of Wolff's law 'as a consequence of shape variations and continuous loading, or even due to loading alone, bone changes its inner architecture....'.

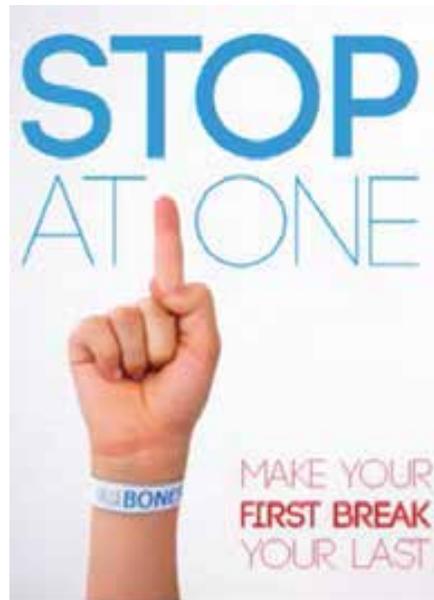
LOC OL programme makes possible a safe, self-induced, neuro-musculoskeletal stimulus that provides loading up to multiples of body weight.

The U.S. Surgeon General states that activities that involve impact loading are most useful for increasing or maintaining bone mass

(Bone health and osteoporosis: a report of the Surgeon General. Rockville, Md.: U.S. Dept. of Health and Human Services, Public Health Service, Office of the Surgeon General; Washington DC; US GPO, 2004, p.436).

LOC supports the International Osteoporosis Foundation campaign

STOP AT One – make your first break your last



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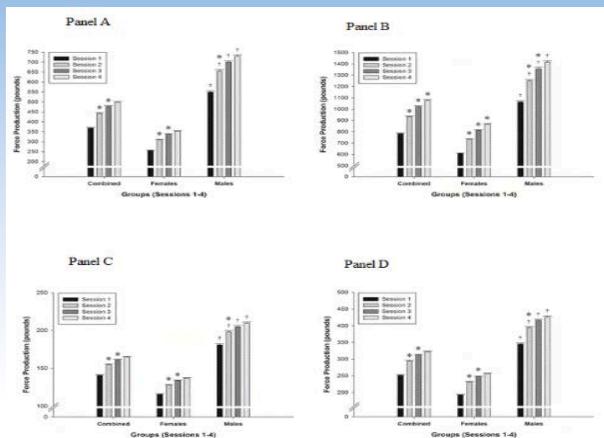
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LOC offers a range of treatments, pharmacological and non-Pharmaceutical Options for Building Bone and Muscle



A Non-drug Option for Bone, Muscle & Joint Health



Bone health is instrumental to overall health, quality of life, and longevity. With age, bones lose calcium and other essential minerals. According to the National Osteoporosis Society, 3 million adults in the UK have osteoporosis and many more have low bone mass, resulting in approximately 300,000 fractures each year. In addition, 50% of women (and 30% of men) over the age of 50 will have an osteoporosis related fracture in their lifetime. In fact, a woman's risk for an osteoporotic hip fracture is the same as her breast, ovarian, and uterine cancer risks combined.

Sarcopenia is loss of muscle mass and strength, is associated with reduced activities and the aging process. Loss of muscle mass and strength, affects balance, gait and overall ability to perform tasks of daily living. There is accumulation scientific evidence of a number of ways to slow the aging process, specifically loss of muscle mass and strength.

Joint are essential for optimum function of bones and muscles. Over time or injuries, the shock-absorbing ability of joints deteriorates and individuals can experience pain, swelling, stiffness and reduced range of motion. Arthritis, a general term for conditions affecting the joints and surrounding tissues, can affect people of all ages. Arthritis Care estimate there are around 10 million people with arthritis in the UK. That's 10 million individuals, plus their families, each affected in a unique way.

The **London Osteoporosis Clinic Osteogenic Loading Programme** can aid in safely increasing bone density, and muscle strengthening and improve joint integrity by stimulating the generation of new bone and tissue. This response occurs as a result of self applied compressive forces on the skeletal bones using optimal biomechanics.

The LOC OL programme safely aids in increasing bone density by stimulating the body's natural bone generation process.

In addition, these compressive forces stimulate the growth of tendons and ligaments increasing the strength and stability of joints .

Four safe and precise compressive movements stimulate all major muscle groups, joints, and bones of the body.



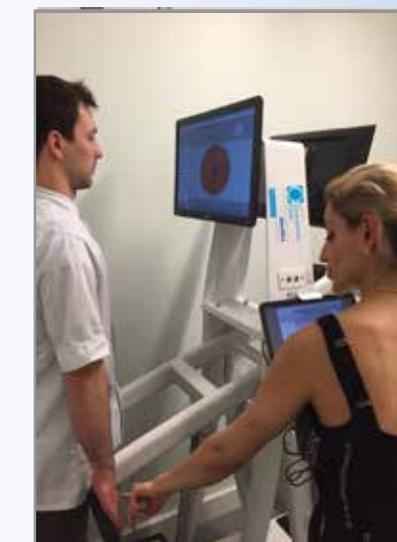
Chest Press



Leg Press



Core Pull



Vertical Lift

LOC Osteogenic Loading programme advantage

Effective	The compression of bone mass promotes improved bone health and increased muscular strength.
Safe	All loads are self-applied ensuring each exposure is within your comfort zone.
Fast and Convenient	Each session requires less than 10 minutes, one time per week, and no change of clothes is necessary.
Accurate and Reliable	The programme accurately tracks performance and supervised by a Consultant.
Measurable Results	LOC OL Programme produces Performance Reports after each session showing progress from the start.