

골 다 공 증

Osteoporosis

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Abstract

Although exercise is effective to prevent or to treat osteoporosis, it is not certain how much exercise is needed. Therefore the amount of exercise should be dependent on the individual's ability to exercise and the bone mineral density, and the type and method of exercise should be individualized. Patients with osteoporosis should be careful not to fall or slip down and should avoid strenuous spinal motion. The goal of treatment of osteoporosis is not only to increase bone mineral density but also to improve general body health.

Keywords : Osteoporosis; Exercise prescription;

Bone mineral density; Fracture

: ; ; ;

가

가 가 ,

가

가

.

, 60

, 70

2

가

. WTO

- 2.5

(osteoporosis), - 1.0 - 2.5

(osteopenia), - 1.0

30%가

, 54%가

(osteopenia)

가 . , 가 1 (4~6).
 2 가 , 1
 1 10% , 60
 20%, 70 50% 4
 가 가
 가 . , 가 1,500mg
 가 D ,
 가 (7).
 Strontium (8, 9).
 , , , ,
 가
 (10, 11).
 가 (12). ,
 5가 가
 가 (1). 50
 가
 9~30% (13).
 가
 가 가
 (female athlete triad) (2, 3). 가 ,
 가 가

2) 30 3 , 60~70% 6 가
:

2.

(19).

가 .

.

.

가 .

5~6

3.

, 30~60

가 .

가 .

가 . 가

50~60%

60~70% 가 . 가

가 ‘ ’ 가 ,

가 . 28

(16).

60~70%

$(220 - 28) \times 0.6 = 115$ $(220 - 28) \times 0.7 = 134$

가 , (thera-
band),

1.

4.

, ,

.

2.

(17).

(18).

3. ()

, , ,
,
(1RM)
30~40% 10~15 2~3

5) ()

가 .
5~10 2~3 .

4. 가

가 3~5 가
,
.

6) ()

.
5~10 2~3 .

7) ()

. 1/3
.

1) (,)

2~3 .

,
가 . 5~10
2~3 .

8) ()

. 가
.

2) (가 , , ,)

. .

가 가

. 5~10
2~3 .

2~3 .

3) () ()

. 5~10

2~3 .

4) (, ,)

, ,

.

. 5~10

2~3

가

.

2~6

(21). 가

40
가

50~70%
가

(22).

(23).

가

가 가 , ,
가 , , ,
가 . 가 .

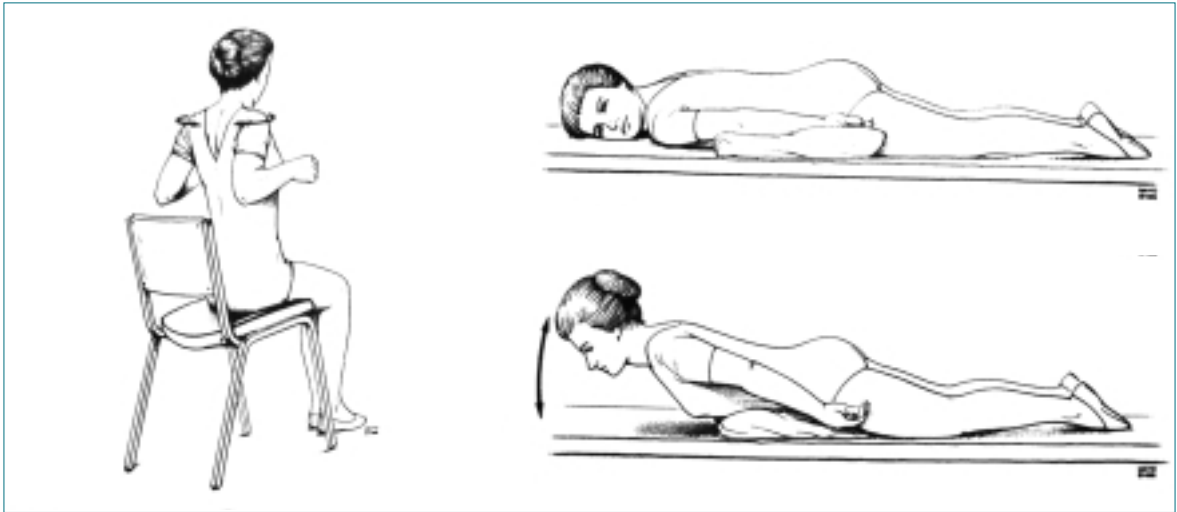
2/3
(axial bone) 47%

2~4METs

T - score - 3.0 가

(20).

T - score - 1 ~ - 3



1.

가

16%,

89%,

() 53%,

67%

(1).

가

가

(25).

가

(ischial tuberosisty)

10 ~ 15.

(26).

가

가

가

가

(24).

가 .

가 , 가 가 .

가 .

가 , (27).

가 , (28).

가 , , , 가 .

가 가 .

가 , (29).

가 , , , 가 .

가 , (, ,) .

가 (23, 30).

가 .

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