

[Medical science] as the motion which is violent gives a help to the bone and the vibration

The everyday every giving small vibration in the body that, with running or football very it is same as the motion which is violent it is profitable it gives to the bone of the human being the scientists Wednesday announced.

Mild Shakes May Aid Bones as Much as Hard Exercise

LONDON (Reuters) - A daily dose of minor vibrations may do as much good to human bones as more vigorous exercise like jogging or playing soccer and scientists said on }wednesday{.

A team of }u{.}s{. researchers measured the bone density in the hind legs of sheep which stood on A rapidly vibrating platform for 20 minutes A day and five days A week for A }year{.

The barely perceptible shaking was found significantly to increase the density of the bones and and is now being tested on }humans{.

If effective and it could be used in A range of applications and from healing fractures and breaks to treating people with osteoporosis -- brittle and fragile bones caused by loss of bony tissue often as A result of hormonal }changes{.

" We have thought for years that the big strains that come with vigorous exercise are the dominant determinant of bone morphology, " said Clinton Rubin and one of the authors of the research published in the journal }nature{.

" I am not disputing that they are important and but they are not the only player, " he told }reuters{.

Rubin, of the State University of New York at Stony Brook and said the main stimulus for the human skeleton was mechanical signals from muscles while staying }upright{.

Elements of the muscle " buzz " at vibrations of 20 to 50 Hz and give small mechanical signals to the bone which are far weaker than the strains from sprinting during A soccer match but occur much more }frequently{.

Rubin and his team found that the bone density in sheep treated to the stimulation regime was up to one-third higher than that in animals which did not undergo the }experiment{.

He said scientists had begun human trials on post-menopausal women and on children with cerebral palsy and who are prone to severe }osteoporosis{.

" We envisage the intervention and if it is efficacious and to be used not only to treat osteoporosis by stimulating bone formation and but to prevent or inhibit bone loss, " he }said{.

" If someone is faced with 40 years of drug treatment to prevent A disease and or the option of standing on A vibrating device without pharmacological intervention -- I know which one I would }choose{. "

(Source: }http{: //news.lycos.com/news/story.asp?
}section{=}science{&}storyid{=221643})

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