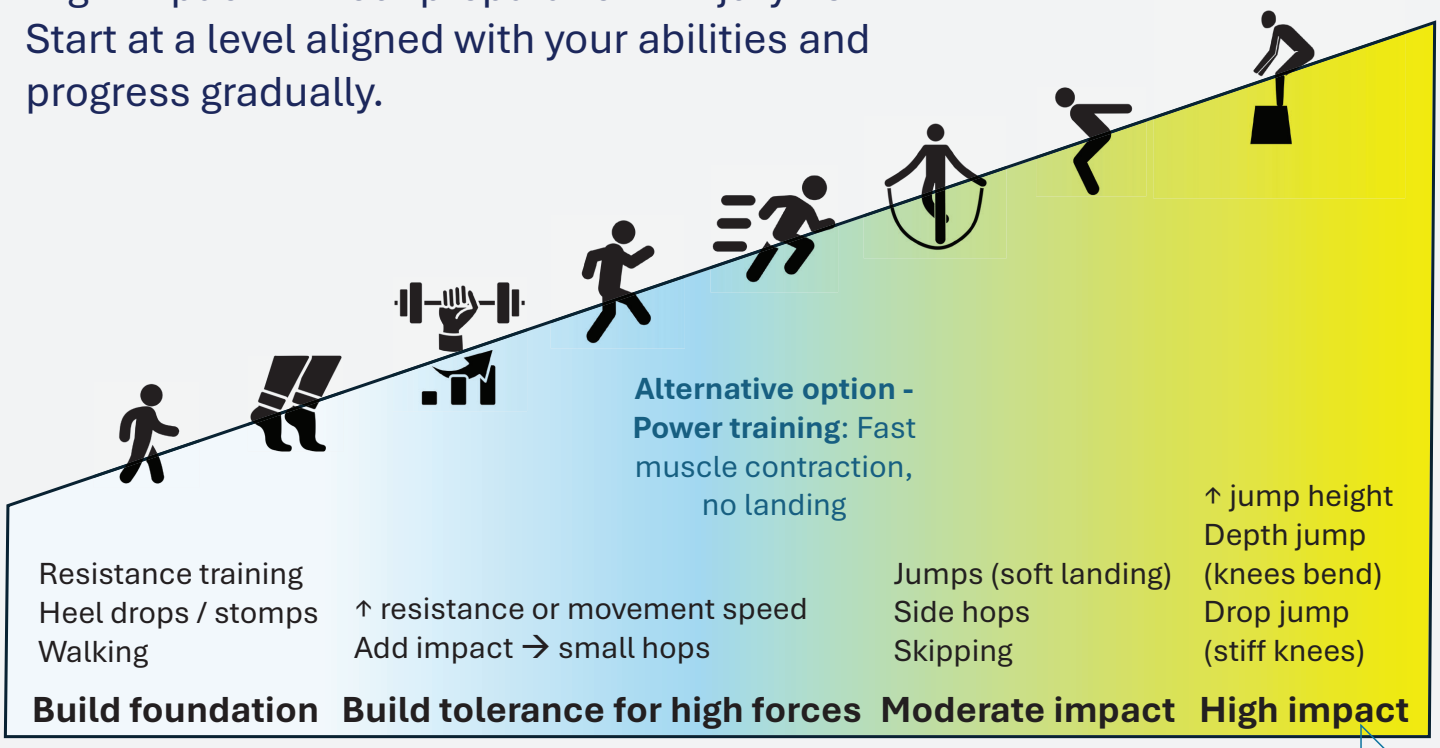
Impact exercise for bone health is a continuum

High impact without preparation = injury risk.
Start at a level aligned with your abilities and progress gradually.



Increasing ground reaction forces and muscle forces

Injury risk may ↑ as forces ↑ :

- Tendinopathy, muscle strain
- Fractures or falls
- Arthritis pain

Some people may stop here: high fracture risk, arthritis, balance impairment.

Gradual progression with training (weeks to months)

@boneslab