Learning Themes in BFL

Aligning the neck and lumbar to avoid compression

Cultivating both anatomical flexibility and firm stability of the spine

Reorganization of the hip joint to safely sustain transmission of pressure

Training in controlled resistance

Restoring spontaneous springiness of knees

Relating focus of pressure in foot to functional posture

Involving the network of sphincters as an integrative anti-gravity lever

Developing resourcefulness to recover equilibrium

Acquiring strategies for coping with strength stimulating challenges

The improved upright posture which emerges from the program reflects the body language of self confidence and inspires biological optimism.

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Bones for Life®

Conditioning of Bone Strength on Weight-Bearing Posture

Neuro-motor Strategies for

Aligning the Skeleton

into a

Domino Effect Trajectory of Force

Ruthy Alon

Jerusalem, Israel 2005

The Bones For Life® program (BFL) is a 60 hour course in dynamic natural movement and weight-bearing posture, designed to stimulate bone strength. The program focuces on the alignment of the skeleton while performing weight-bearing motions so that the dynamic effort is efficiently transmitted throughout the whole body in a “domino effect”, rather than creating mechanical stress on vulnerable joints and dissipating power. Wrapping a simple, 7 meter cloth into a harness acts to integrate all body parts into a reliable axis for anti-gravity movements, such as bouncing on the heels, running or jumping. Even people with poor fitness or fragile functional condition can safely experience the impact of the springy pulsations of bone-buildinig activity. Training to safely sustain body mass in dynamic movements and in lifting weights is done in accurately-designed configurations on the floor, on a chair, standing against a wall, or using the harness to engage all body parts proportionally in harmonious coordination.

In this preliminary study, a group of 31 women, ages 28 - 69, practiced the program for 4 months, meeting for 3 hours weekly. Pre-BFL and Post-BFL tests of bone mineral density (BMD) of the distal radius were done on all participants using speed of sound (SOS) sonometer. Pre-BFL T-scores ranged from -3.70 to +1.40. The group showed improvement in BMD with the short study. Using two-tailed paired samples T-tests, Significance was shown at the P=0.031 level.

Though the sample is small, it suggests that training in safe, weight-bearing movements in an efficiently-aligned skeleton can improve bone density over a relatively short period of time. The study recommends that the **Bones for Life Program** merits further formal evaluation.

T-Test

Descriptive Statistics	N	Minimum	Maximum	Mean	Std. Deviation
Age of Woman	31	28.00	69.00	53.0323	10.06474
BMD T score PRE	31	-3.70	1.40	-.9871	1.24197
BMD T score POST	31	-3.50	2.70	.7290	1.34665
Valid N (listwise)	31				

Paired Samples Statistics				
	Mean	N	Std. Deviation	Std. Error Mean
Pair BMD T score PRE	-.9871	31	1.24197	.22306
1BMD score POST	-.7290	31	1.34665	.24187

Paired Samples Test	Paired Diferences			t	df	Sig.(2-tailed)
	Mean	Std Dev. n	Std Air Mean			
Pair BMD T score PRE 1 BMD T score POST	-.25806	.63339	.11376	-2.268	30	.031

NPar Tests Wilcoxon Signed Ranks Test

Test Statistics(b)	BMD T score POST BMO T score PRE
Z	-2.064 (a)
Asymp.Sig. (2-tailed)	.039

(a) based on negative ranks
(b) Wilcoxon Signed Ranks Test