

Special Issue

Study on the Exercise Strategy of Osteoporosis Prevention in Elderly Population

Message from the Guest Editor

With the worldwide trend of aging, population aging has begun to attract global attention. Osteoporosis and muscle loss are important issues in geriatrics. This study indicated that, starting roughly from the age of 30, the bone and muscles of the human body gradually degenerate and decrease at a rate of 3–8% every 10 years. As age increases, the rate of degeneration becomes faster, and after the age of 70, it decreases by approximately 15% per decade. Half of the elderly population over the age of 80 experience inconvenient mobility, disability, and poor quality of life due to the occurrence of osteoporosis and muscle loss. Evidence-based study results could help medical and nursing personnel further understand the injury events, and to reduce the occurrence of injury events induced by osteoporosis and muscle loss. **Keywords:**

- osteoporosis
- sarcopenia
- dynapenia
- frailty
- muscle loss
- fracture

Guest Editor

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