

PROF BELINDA BECK, PHD
PUBLICATIONS (as at 14/12/21)

PAPERS

Accepted/EPub ahead of print:

1. **Beck BR**: Exercise prescription for osteoporosis: Changing the mindset. Perspectives for Progress article *Exercise and Sport Sciences Reviews* Accepted 091221
2. **Beck BR**, Rubin CT, Harding AT, Paul SK, Forwood M: The effect of low-intensity whole-body vibration with or without high-intensity resistance and impact training on risk factors for proximal femur fragility fracture in postmenopausal women with low bone mass: Study protocol for the VIBMOR randomized controlled trial, *Trials*, Accepted 041221
3. Kistler-Fischbacher M, Yong J, Weeks BK, **Beck BR**: A comparison of bone-targeted exercise with and without antiresorptive bone medication to reduce indices of fracture risk in postmenopausal women with low bone mass: the MEDEX-OP randomised controlled trial. *Journal of Bone and Mineral Research* May 25. doi: 10.1002/jbmr.4334. Online ahead of print
4. Hall N, Constantinou M, Brown M, **Beck BR**, Kuys S: Physiotherapy occasions of service inform injury profiles of New Zealand army recruits. *Military Medicine* Accepted 290421
5. O'Rourke D, **Beck BR**, Harding AL, Watson S, Pivonka P, Martelli S: Assessment of femoral neck strength and bone mineral density changes following exercise using 3D-DXA images, *Journal of Biomechanics*, 119:110315 2021
6. Kistler-Fischbacher M, Weeks BK, **Beck BR**: The effect of exercise intensity on bone in postmenopausal women (Part 1): a Systematic review, *Bone*. 2021 Feb;143:115696. doi: 10.1016/j.bone.2020.115696. Epub 2020 Dec 24
7. Kistler-Fischbacher M, Weeks BK, **Beck BR**: The effect of exercise intensity on bone in postmenopausal women (Part 2): a Meta-analysis, *Bone*. 2021 Feb;143:115697. doi: 10.1016/j.bone.2020.115697. Epub 2020 Dec 24
8. Than C, Omura Y, Seidl L, and **Beck BR**: Comparative acceptability of weight bearing physical activity in sporting footwear versus barefoot in habitually shod individuals. *Journal of the American Podiatric Medical Association* Accepted 090920
9. Lambert C, **Beck BR** and Weeks BK: Landing impact intensities for jumping exercises from the OPTIMA-Ex trial in trained and untrained women. *Journal of Strength and Conditioning Research* 2019 Aug 8 Online ahead of print

In print:

1. **Beck BR** and Drysdale L: Risk Factors, Diagnosis and Management of Bone Stress Injuries in Adolescent Athletes: A Narrative Review. *Sports* 9(4), 52, 2021
2. Shrestha N; Vidimce J; Holland O; Cuffe J; **Beck BR**; Perkins A; McAinch A; Hryciw D: High maternal and postweaning linoleic acid impacts hepatic and metabolic function in adult rat offspring in sex-specific manner *International Journal of Molecular Science*. 14;22(6):2946, 2021
3. Wong JC, O'Neill S, **Beck BR**, Forwood MR, Khoo SK.: Comparison of obesity and metabolic syndrome prevalence using fat mass index, body mass index and percentage body fat. *PLoS One*. 2021 16(1):e0245436
4. Harding AT, Weeks BK, Lambert C, Watson SL, Weis L, **Beck BR**: Exploring thoracic kyphosis and incident fracture from vertebral morphology with high-intensity exercise in middle-aged and older men with osteopenia and osteoporosis: a secondary analysis of The LIFTMOR-M trial. *Osteoporosis International* 32, 451–465, 2021

5. Lambert C, **Beck** BR, Watson SL, Harding AT, Weeks BK: Enjoyment and acceptability of different exercise modalities to improve bone health in young adult women. *Health Promotion Journal of Australia* [31\(3\)](#):369-380, 2020
6. Harding AT, Weeks BK, Lambert C, Watson SL, Weis L, **Beck** BR: A comparison of bone-targeted exercise strategies to reduce fracture risk in middle-aged and older men with osteopenia and osteoporosis: LIFTMOR-M semi-randomized controlled trial. *Journal of Bone and Mineral Research*. 35(8):1404–1414, 2020
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10. Jenkins M, Hart NH, Nimphius S, Chivers P, Rantalainen T, Rothacker KM, **Beck** BR, Weeks BK, McIntyre F, Hands B, Beeson BP, Siafarikas A: Characterisation of peripheral bone mineral density in youth at risk of secondary osteoporosis - a preliminary insight. *Journal of Musculoskeletal and Neuronal Interactions* 2020; 20(1):27-52
11. Lambert C, **Beck** BR, Harding A, Watson SL, Weeks BK: Regional changes in indices of bone strength of upper and lower limbs in response to high-intensity impact loading or high-intensity resistance training *Bone* 2020 132:115192
12. Ng C-A, McMillan LB, **Beck**, BR, Humbert L, Ebeling PR, Scott D: Associations between Physical Activity and Bone Structure in Older Adults: Does the use of Self-Reported versus Objective Assessments of Physical Activity Influence the Relationship? *Osteoporosis International*. 31(3) 493-503, 2020
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21. Bishop PJ, Hocknull SA, Clemente CJ, Hutchinson JR, Farke AA, **Beck** BR, Barrett R, Lloyd DG: Cancellous bone and theropod dinosaur locomotion. Part I—an examination of cancellous bone architecture in the hindlimb bones of theropods. *PeerJ* 6, e5778
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INVITED COMMENTS AND COMMENTARIES/TRANSLATIONAL

1. **Beck** BR: Ask The Expert: Answering Your Bone Health Questions. *Spine Health Journal*. National Spine Health Foundation Spring 2021
2. **Beck** BR: Lifestyle management of bone health, *Dairy Australia White Paper*, Vic, Australia, Oct 2018
3. **Beck** BR: Osteoporosis and Exercise. Exercise is Medicine Fact Sheet 3rd Ed, *Exercise and Sports Science Australia*, 2017 Full and Brief versions
4. **Beck** BR: Raising the bar on exercise for osteoporosis. *Sport Health*, SMA publication Sept 2017
5. **Beck** BR: Stress Fractures. IN: *ACSM Sports Medicine Basics*, ACSM, Indianapolis; 2016 (ACSM Sports Medicine Basics are official expert perspective statements by the American College of Sports Medicine concerning topics of interest to the public at large.)
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CHAPTERS:

1. Weeks BK and **Beck BR:** Exercise and Physical Activity Recommendations for Optimizing Musculoskeletal Health in Older Adults. In: Rattan SIS (Ed.), *Encyclopedia of Biomedical Gerontology*. Elsevier Vol 2, Academic Press, pp. 68–77, 2020. <https://dx.doi.org/10.1016/B978-0-12-801238-3.11413-8>
2. **Beck BR** and Winters-Stone K.: Exercise in the prevention of osteoporosis-related fractures. IN: *Osteoporosis: Pathophysiology and Clinical Management*. 3rd Ed. Series: Contemporary Endocrinology Ed. Benjamin Z. Leder and Marc N. Wein, Humana Springer Totowa NJ, Ch 11, 2019 ISBN: 978-3-319-69286-9
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