

Belinda Beck, PhD

ADDITIONAL PUBLICATIONS

PAPERS:

1. **Beck BR, Kent K., Holloway L and Marcus R:** Novel, High Frequency, Low Strain, Mechanical Loading for Premenopausal Women with Low Bone Mass: Early Findings *Journal of Bone and Mineral Metabolism*, 24(6):505-507, 2006
2. **Beck BR and Doecke JD:** Seasonal Bone Mass of College and Senior Field Hockey Players, *Journal of Sports Medicine and Physical Fitness*, 45(3):347-54, 2005
3. **Beck BR and Snow CM:** Bone Health Across the Lifespan – Exercising our options, *Exercise and Sport Sciences Reviews*, 31(3), 117-122, 2003.
4. **Beck BR:** Exercise-induced leg pain. *Current Comment*. American College of Sports Medicine, March, 2002/2004
5. **Beck BR and Matheson GO:** Stress fractures in athletes: recognition and treatment. *Sports Medicine Consult*, 1(4):1-6, 2000.
6. **Beck BR and Shoemaker MR:** Osteoporosis: Understanding key risk factors and therapeutic options. *The Physician and Sports Medicine*, 28(2): 69-84, 2000
7. **Beck BR:** Stress Fracture Management. *Current Comment*. American College of Sports Medicine, February, 2000/2004
8. **Beck BR and Matheson GO:** Common stress fractures. *Clinics in Family Practice; Sports Medicine Issue*, 1(1): 251-274, 1999
9. **Beck BR:** Tibial stress injuries: an aetiological review for the purposes of guiding management. *Sports Medicine*, 26:265-279, 1998 2006
10. **Beck BR and Osternig LR:** Medial Tibial Stress Syndrome: The location of muscles in the leg in relation to symptoms. *The Journal of Bone and Joint Surgery*, 76-A(7):1057-1061, 1994
11. **Beck BR:** Shin splints. *Sport and Wellness*, 1(1):1-3, 1994

CHAPTERS:

1. **Beck BR and Winters-Stone K.:** Exercise in the prevention of osteoporosis-related fractures. IN: *Osteoporosis: Pathophysiology and Clinical Management*. 2nd Ed. Ed. Adler R, Humana Springer Totowa NJ, Ch 9, pp.207-239, 2009

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2. Snow CM and **Beck BR**: Exercise in the prevention of osteoporosis-related fractures. IN: *Osteoporosis: Pathophysiology and Clinical Management*. Eds. Orwoll E. & Bliziotes M., Humana Press Inc. Totowa NJ, Ch 11, pp. 221-246, 2003
3. **Beck BR**, Shaw J and Snow CM: Physical activity and osteoporosis. In: *Osteoporosis*. Eds. MarcusR, Feldman D and KelsyJ, Chapter 28, Academic Press, San Diego, 2001, pp. 701-720
4. **Beck BR** and Marcus R.: Exercise and the aging skeleton. In: *The Aging Skeleton*. Ed. Rosen, Chapter 39, Academic Press, San Diego, 1999, pp. 1001-1011
5. **Beck BR** and Marcus R: Skeletal effects of exercise. In: *Men and Osteoporosis*. Ed. Orwoll, Chapter 8, Academic Press, San Diego, 1999, pp 129-155

ABSTRACTS:

1. **Beck BR**, Weeks BK, Young CM, Norling TL, Georgeson E, Hirsch R: Exercise and Mechanical Loading for the Prevention of Osteoporotic Hip Fracture Across the Lifespan. *Griffith Institute of Health and Medical Research*, Radisson Resort, Gold Coast, December 3/4, 2009
2. Weeks BK and **Beck BR**: Recent Participation in Bone-Specific Physical Activity is Associated with Tibial Bone Strength in Young Adults, *Griffith Institute of Health and Medical Research*, Radisson Resort, Gold Coast, December 3/4, 2009
3. Weeks BK and **Beck BR**: Short Duration Jumping Increases Lean Tissue and Reduces Fat In Adolescent Boys But Not Girls. *Medicine and Science in Sport and Exercise*, 41(5, Suppl. 1), 2009
4. **Beck BR** and Norling T. Effects of 8 months of twice-weekly high versus low intensity whole body vibration on risk factors for hip fracture in postmenopausal women: A randomized controlled trial, *Joint International Bone and Mineral Society/Australian and New Zealand Bone Mineral Society, Annual Scientific Meetings*, Sydney, 20-24 March 2009
5. **Beck BR** and Norling TL. Effects of 8 months of twice-weekly high versus low intensity whole body vibration on risk factors for hip fracture in postmenopausal women: A randomized controlled trial, *Griffith Institute of Health and Medical Research*, Gold Coast, December, 2008
6. Weeks BK and **Beck BR** Short Duration Jumping Increases Lean Tissue and Reduces Fat In Adolescent Boys But Not Girls. *Griffith Institute of Health and Medical Research*, Gold Coast, December, 2008

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7. Ali AA, **Beck** BR, Sabapathy S, Morris N, Owen S, Rose'Meyer RB: Role for adenosine in contributing to calf peak flow following venous occlusion of the thigh in prediabetic human. *Australian Health and Medical Research Congress*, Brisbane, November, 2008
8. Ali AA, **Beck** BR, Sabapathy S, Morris N, Owen S, Rose'Meyer RB: Role for adenosine in contributing to calf peak flow following venous occlusion of the thigh in prediabetic human. *Griffith Institute of Health and Medical Research*, Gold Coast, December, 2008
9. **Beck** BR, Matheson GO, Bergman G, Hoffman A, Norling TL and Marcus R: Predisposing Characteristics for Tibial Stress Fracture. *Medicine and Science in Sport and Exercise*, 40(5, Suppl. 1), 2008
10. Weeks BK and **Beck** BR: Prediction of Dominant Skeletal Mass with Different Tests of Lower Limb Dominance. *Medicine and Science in Sport and Exercise*, 40(5, Suppl. 1), 2008
11. **Beck** BR: Diagnostic Imaging for Stress Fracture, *State of the Science Stress Fracture Research Conference*, Bone Health and Military Medicine Research Program, Columbia, South Carolina Feb 5-7, 2008
12. **Beck** BR: Stress fracture treatment interventions, *State of the Science Stress Fracture Research Conference*, Bone Health and Military Medicine Research Program, Columbia, South Carolina Feb 5-7, 2008
13. **Beck** BR: Muscle forces or gravity and the mechanical response of bone - What predominates mechanical loading on bone? Introduction. *Symposium, American College of Sports Medicine, Annual General Meeting*, Indianapolis, Indiana, May 28-31, 2008
14. **Beck** BR, Matheson GO, Bergman G, Hoffman A, Norling TL, and Marcus R: Do capacitively coupled electric field accelerate tibial stress fracture healing? A randomised controlled trial. *Gold Coast Health and Medical Research conference*, Hyatt, Sanctuary Cove, December 2007
15. Weeks BK, Young CM and **Beck** BR: Eight Months of Twice Weekly Ten Minute Jumping Activity for PE Warm Up Improves Bone in Adolescent Boys and Girls: the POWER PE Study *Journal of Bone and Mineral Research*, 22(Suppl. 1): S229, 2007
16. **Beck** BR, Bergman G, Arendt E, Miner M, Klevansky A, Matheson GO, Hoffman A, Norling TL and Marcus R: Comparison of Imaging Modalities for Evaluating Injury Severity and Predicting Recovery from Tibial Stress Fracture. *Medicine and Science in Sport and Exercise*, 39(5, Suppl. 1), 2007

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17. Weeks BK and **Beck BR**: The ability of different methods of physical activity measurement to predict bone mass and DXA-derived bone mechanical characteristics in healthy young adult men and women. *Medicine and Science in Sport and Exercise*, 39(5, Suppl. 1), 2007
18. **Beck BR**: Exercise and Mechanical Load Interventions for the Prevention of Osteoporosis Across the Lifespan. *Gold Coast Health and Medical Research conference*, Palm Meadows, Carrara, December 2006
19. Weeks BK Young CM and **Beck BR**: A comparison of bone mass and quality between peripubertal boys and girls - differential influence of physical activity and maturational status, *ANZBMS, Annual Scientific Meeting*, Port Douglas, QLD., October 23-26, 2006
20. Young CM, Weeks BK and **Beck BR**: The effects of a novel physical activity regime on parameters of hip fracture risk in postmenopausal Caucasian women, *ANZBMS, Annual Scientific Meeting*, Port Douglas, QLD., October 23-26, 2006
21. **Beck BR**, Matheson GO, Bergman G, Hoffman A, Norling TL and Marcus R: Do capacitively coupled electric field accelerate tibial stress fracture healing? *Medicine and Science in Sport and Exercise*, 38(5, Suppl. 1):S70: 2006
22. Weeks BK and **Beck BR**: A comparison of healthy, young adult male versus female broadband ultrasound attenuation of the calcaneus via quantitative ultrasound analysis, *ANZBMS, Annual Scientific Meeting*, Hunter Valley, NSW, August 18-21, 2004
23. Taaffe DR and **Beck BR**: Calcaneal ultrasound parameters in older adults: relationship with bone density, body size and composition, and physical performance. *Medicine and Science in Sport and Exercise*, 34(5, Suppl. 1), 2002
24. Freeman SP, **Beck BR**, Holloway L and Marcus R: A new technique for the monitoring of individuals' changing skeletal calcium turnover. *Journal of Bone and Mineral Research*, 15 (Suppl. 1):S405, 2000
25. **Beck BR** and Marcus R: Seasonal bone mass of college and senior field hockey players. *Medicine and Science in Sport and Exercise*, 32(5, Suppl. 1), 2000
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31. **Otter MW, Beck BR, Qin YX, Rubin CT and McLeod KJ:** Streaming potential magnitude, mechanical strain and periosteal modeling in the turkey ulna. *Transactions of the Society for Physical Regulation in Biology and Medicine*, 16: 10-11, 1996

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