

DISCUSSION

The most important observation made in the present study was that jump training of 10 jumps/day, 30 jumps/wk significantly increased BMD at the femoral neck ($P < 0.05$), whereas BMD in the control group remained unchanged after 6 mo of exercise intervention. Other investigators have shown that loading with many repetitions at one time had a relatively small additional effect on bones compared with loading of only 10–40 repetitions (23, 26). After many repetitions of mechanical loading on bones, the mechanosensor might show decreased sensitivity (19, 20). Thus its effectiveness as a bone stimulus would appear similar even with fewer repetitions. The loading interval may be another important factor associated with mechanosensor sensitivity (20). A high