

*BMD and deoxypyridinoline measurements.*

Bone mineral density ( $\text{g}/\text{cm}^2$ ) was assessed, using dual-energy X-ray absorptiometry (ALOKA, DCS-3000), in the lumbar spine (L2–4, anterior-posterior view) and the right proximal femur. The femoral neck, Ward's triangle, and greater trochanter of the proximal femur were selected for analysis according to the manufacturer's software. The same radiographer made the initial and final dual-energy X-ray absorptiometry measurements, and the groups (jumping or control) were blinded.