

PHYSICAL CAPABILITY AND MUSCULOSKELETAL HEALTH

Have your say.....

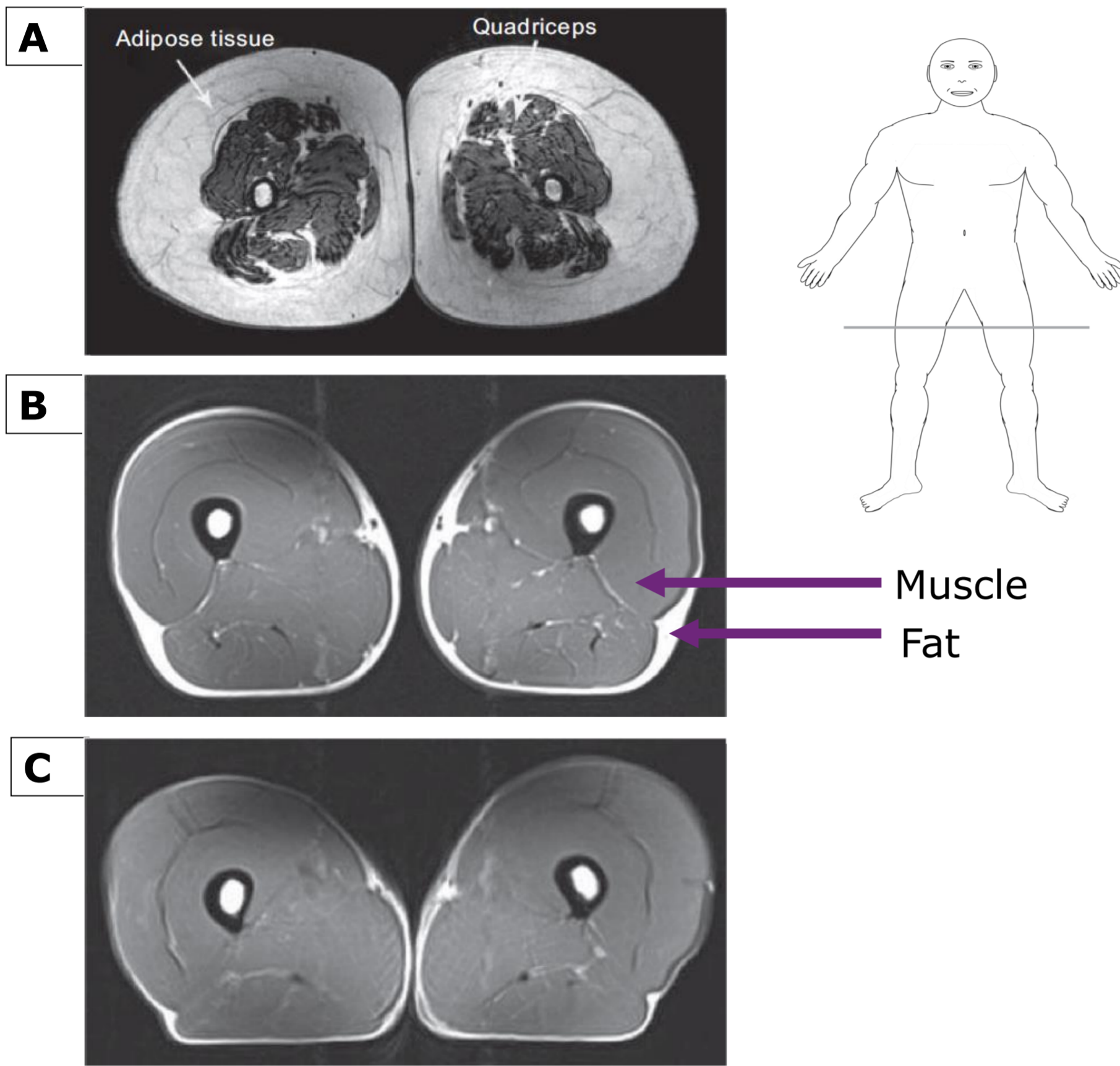
Using data collected in the NSHD on muscle (from grip strength and physical performance tests and DXA scans) we have been able to study its mass, function and quality.

This work has produced a number of interesting findings including evidence that maintaining good muscle quality across life is important for mobility in later life [Bann et al, 2014; Cooper et al, 2015]

One way to follow up on these findings and investigate what modifiable factors across life influence muscle quality may be to perform non-invasive MRI scans of thigh muscle in a future data collection



Photo of MRI scanner



To the left are MRI scans of the thighs of 3 men. Two of these men are 70 and one is in his 40s.

QUESTION: Can you guess which?

[See answer below]

Our work using NSHD data has identified many factors across life, from birth onwards, that are associated with musculoskeletal health and mobility in later life. However, we'd love to hear what you currently do to help maintain your mobility.

Please tell us below:

Here are some of the study member's responses:

Spending time with grandchildren

Gardening (when warm and dry)

Ballroom Dancing 3 time a week

Partaking in a swimathon

Golf

Sailing/Yacht Racing

Yoga and Pilates

Competitive 5km run

Long walks outdoors

Gym: Treadmill, Cycling machine

Standing on one leg whilst brushing teeth

Gym: 15 min cycle 15 min row machine

Climbing stairs

Keep fit classes once a week

Cycling 5-10 miles 2-3 times a week

Walking backwards

ANSWER: A and C are both 70 year old men. The reason C has maintained muscles as healthy as B is attributed to his participation in triathlons.