



THE BONE CLINIC NORMATIVE DATA

FEMALE (n=1236)

	Mean	+/- SD
Age (yrs)	61.94	14.20
Functional Reach (cm)	35.77	5.66
Tragus To Wall (mm)	131.43	28.32
Back Extensor (kg)	30.09	10.84
Timed Up and go (sec)	6.62	2.48
Five Times Sit to Stand (sec)	11.44	2.96
Tandem Walk (sec)	29.96	10.32
Kyphosis Relaxed (degrees)	33.99	11.50
Kyphosis Erect (degrees)	28.86	11.85
Calcium Diet (mg)	853.41	345.76
Calcium Supplement (mg)	645.79	337.12

Please note, data represent average values (and standard deviations) from female clients of The Bone Clinic only, not the population as a whole. The latter have never been published and so are not available for comparison.

Data as at July, 2018



THE BONE CLINIC NORMATIVE DATA

MALE (n=52)

	Mean	+/- SD
Age (yrs)	65.40	17.11
Functional Reach (cm)	36.61	6.91
Tragus To Wall (mm)	167.18	50.96
Back Extensor (kg)	44.84	15.58
Timed Up and go (sec)	6.64	1.79
Five Times Sit to Stand (sec)	11.22	2.90
Tandem Walk (sec)	26.59	6.85
Kyphosis Relaxed (degrees)	38.87	12.08
Kyphosis Erect (degrees)	32.53	12.72
Calcium Diet (mg)	836.81	423.91
Calcium Supplement (mg)	578.5	302.15

Please note, data represent average values (and standard deviations) from male clients of The Bone Clinic only, not the population as a whole. The latter have never been published and so are not available for comparison.

Data as at July, 2018