



# DREVNA HUDSON

## PHYSICAL THERAPY

### Osteoporosis Center

[www.drevnapt.com](http://www.drevnapt.com)

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***Do you have Osteoporosis?***

***Are you afraid of falling and fracturing your hip or spine?***

***What are the best exercises for your body, now that you know  
you have low bone mass?***

**For answers to these questions and more, meet with one of our experienced  
Physical Therapists!**

**We can...**

- ◆ Provide you with the knowledge you need, to care for your body with a diagnosis of Osteoporosis
- ◆ Communicate with your medical team
- ◆ Instruct you in safe body mechanics for daily activities and recreational interest
- ◆ Deliver progressive, safe strengthening exercises tailored to YOUR individual needs
- ◆ Significantly improve your balance using research-based programs
- ◆ Assist you in obtaining a SpinoMed posture support, should you be a candidate

*Call the experienced Osteoporosis Team at Drevna Hudson Physical Therapy at (717) 569-4184.*

**Drevna Hudson Physical Therapy**  
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