

PT INSIGHT

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A Publication of drevna physical therapy associates

Osteoporosis:
Knowledge
is power





What you Need to Know about Osteoporosis

Amy Humphrey, DPT, OCS, MTC

Osteoporosis is a bone disease characterized by low-bone density (thinning of the bone), decreased bone strength, and a change in the bone structure, which can lead to an increased risk of fracture. It can affect people of any age. Women have the greatest risk of developing the disease, although it also occurs in men. Osteoporosis affects one in two women and one in four men age 55 and older. According to American Bone Health, thin bones are the cause of 1.5 million fractures per year in the United States and hip fractures alone result in 300,000 hospitalizations. It is important to diagnose osteoporosis early so that steps can be taken to lessen the risk of fracture. Fractures from osteoporosis and low-bone density can be serious, causing pain and affecting your quality of life such as lifting, carrying, and walking.

Osteoporosis is best diagnosed through a quick and painless specialized x-ray called the DXA, which measures bone density. The results are reported using T-scores and Z-scores. The T-score compares your score to that of healthy 30-year-old adults. If you have a T-score of -1 or less, you have a greater risk of having a fracture. The Z-score compares your bone mineral density to the scores of people of the same sex, weight, and age if you are younger than 65. If you have risk factors for low bone density and are not yet 65, we can work with your physician to help you obtain the DXA through your insurance.

There are steps to take to improve bone health at any age. An active lifestyle that includes resistance and weight-bearing exercise is important to maintain healthy bone. It is also important to avoid habits that promote bone loss, such as smoking, excessive alcohol consumption, and an inadequate intake of calcium in your diet. Maintaining good body mechanics and posture also contribute to good bone health. We have no control over the genetic tendencies we have inherited, but we can choose to manage osteoporosis through proper medication, diet, and appropriate exercise. As with any health issue, an overall healthy lifestyle is important for staying well.

If you are diagnosed with osteoporosis or low-bone density, our physical therapists at Drevna Physical Therapy Associates will work with you to:

- Build bone or lessen the amount of bone loss at areas most vulnerable to fracture through exercise—hip, spine, shoulder, arms
- Improve your dynamic balance to avoid falls
- Improve your posture
- Help you avoid exercises and movements that may contribute to spinal fracture, including any type of sit-up or crunch and excessive spinal twisting

We can develop a specific program based on your individual needs to help improve your overall bone health, keep your bones healthy, and help you avoid fracture. We also have exercise classes taught by therapists and trainers who can teach you to safely improve your bone density.



IF YOU HAVE BEEN DIAGNOSED WITH OSTEOPOROSIS

and you are not sure what exercise you should or should not do, please come to our **FREE workshop** entitled "Overcoming Osteoporosis: Knowledge is Power" given by Lisa Goussetis on October 17th at 7pm at our Fortius office.

We also offer an array of strength classes at our Fortius location that are taught by fitness instructors and/or physical therapists who are knowledgeable about osteoporosis.

Please go to our website www.drevnapt.com to look at our class schedule or call our office at (717) 553-4088 if you have further questions about classes or personal training sessions.



EMPLOYEE HIGHLIGHT: Jacqui Zimmerman

***Dietician
and
Personal
Trainer***

JACQUI ZIMMERMAN is a Registered Dietitian and Certified Personal Trainer who has been working in the health and wellness industry for about 15 years. She is passionate about helping people attain their optimal health through gradual lifestyle changes.

She is currently offering Nutrition counseling services, personal training and health coaching packages at Fortius. In order to help clients who want some increased accountability and monitoring, she has recently begun using a new software

● ● ● *Meet Jacqui*

program called *Healthie*. As a client, you can download the app and use it to track meals, workouts and more. The messaging feature allows you to have continual access to Jacqui to get your health questions answered even when you are not in a session. **Schedule a time to talk with her about how to get started on taking the next steps to better your health today! Call us at (717) 553-4088.**

..... “MY PT STORY”



“I chose to work with Tim Drevna following bilateral hip replacements because I knew that his approach was focused on long-term improvement. He had helped me when I was dealing with the gradual degeneration of my hips, which enabled me to delay the eventual need for replacements.

After surgery, his careful, systematic approach took me from walking with two canes to being stronger and better than I had been for several years prior to surgery.

Tim Drevna and his assistant, Amy Finnegan, and the rest of the team worked with me systematically to guide my recovery and helping me to re-learn how to walk then progressing to improving strength and balance. They started with basic movements then added skills as I was able to handle them.

With their therapeutic approach, I was able to graduate into the “Bridge Program” which took over when the goals of PT were accomplished. The Bridge Program built on the success of PT, enabling me to do exercises that I never thought I’d be able to do.

I highly recommend Tim Drevna, Amy, and their staff for their knowledge, care, encouragement, and enthusiasm in working with patients. Their focus on long-term results that progressively build on what you can do, taking you to what you want to be able to do...that is the best approach for long-term quality of life.

Thanks again, Tim Drevna and team!” - Jeff Kay 2/1/17



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UPCOMING SEMINARS



MEDICARE ENROLLMENT 2018: REVIEWING THE BASICS

Guest Speaker: Julie Martin from Teaman-Martin & Associates • Thursday, September 7th, 2017 at 7:00PM
Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



KNEE OSTEOARTHRITIS: MOTION IS LOTION

Presented by Tim Drevna, PT, DPT, OCS • Thursday, September 21st, 2017 at 7:00PM
Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



BACK TO BASICS: PREVENTING LOW BACK PAIN

Presented by Amy Humphrey, PT, DPT, OCS, MTC • Thursday, October 5th, 2017 at 7:00PM
Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



OVERCOMING OSTEOPOROSIS: KNOWLEDGE IS POWER

Presented by Lisa Goussetis, PT, CCTT • Tuesday, October 17th, 2017 at 7:00PM
Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



Save the Date

OPEN HOUSE

Come celebrate our 2nd Anniversary of opening FORTIUS!

Enjoy refreshments, free classes, and raffle prizes.

Saturday, November 4, 2017 9 AM to 12 PM

Fortius Health & Performance Center • 2078 Bennett Ave. • Lancaster, PA 17601