



www.drevnapt.com

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 Physical Therapy Associates at 717-569-4184.



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