



# ***PENN OHIO REHAB***

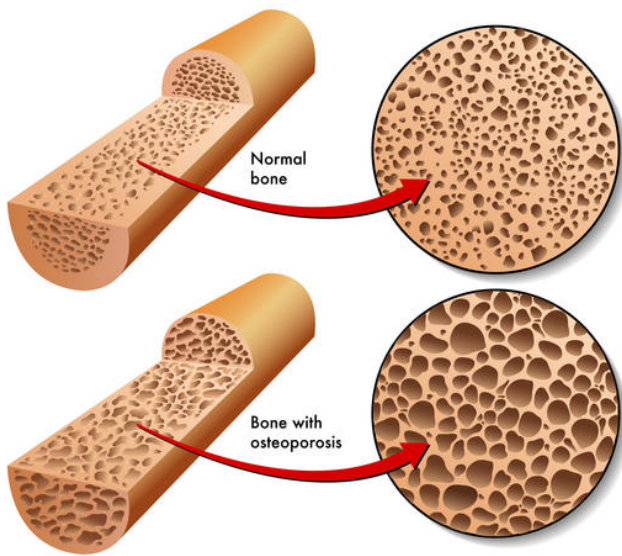
***BONE HEALTH:***

***PREVENTION AND  
MANAGEMENT OF  
OSTEOPOROSIS***

**TREATING PEOPLE,  
NOT DIAGNOSES**

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# ***DID YOU KNOW?***



- \* Women and men begin to lose bone mass after the age of 30.
- \* For women, fractures from osteoporosis are more common than heart attack, stroke, and breast cancer combined
- \* 50% of women and up to 25% of men will break a bone in their lifetime due to osteoporosis
- \* As women approach menopause, they lose bone at a greater rate. (2-3% more per year)

# ***PREVENTION AND LIFESTYLE***



- \* Living a healthy and active lifestyle can improve bone health.
- \* Improved sleep has long been known to have advantages on mental and physical well-being, including bone density.
- \* Weightbearing Exercises: walking, hiking, yoga, Pickleball etc.
- \* Resistance Training can improve bone density and prevent falls.
- \* Eating a proper diet can have bone benefits (Protein rich, Calcium, and Vitamin D)

# ***WHAT WE CAN DO TO HELP***

- \* Our physical therapist can partner with you to create specific goals based on your lifestyle and health.
- \* We can develop a purposeful program to provide you with the education and tools you need to improve your long term success.

**LET'S TALK!**



## **HARMONY**

**100 PERRY HIGHWAY, SUITE 110  
HARMONY, PA 16037  
412-499-4524**



## **HERMITAGE**

**1599 NORTH HERMITAGE RD  
HERMITAGE, PA 16148  
724-962-7920**



## **NEW WILMINGTON**

**565 WEST NESHANNOCK AVENUE  
NEW WILMINGTON, PA 16142  
724-946-3313**

**HAVE YOU BEEN TOLD THAT YOU MAY HAVE BONE DENSITY PROBLEMS? OSTEOPENIA? MAYBE EVEN OSTEOPOROSIS?**

**NOW WHAT...**

**YES, EXERCISE AND LIFESTYLE CHANGES CAN HELP... BUT NOT ALL PROGRAMS ARE CUSTOMIZED TO YOU!**

**WORKING WITH A HEALTH CARE PROFESSIONAL KNOWLEDGEABLE IN THE FIELD OF HEALTH AND MOVEMENT CAN IMPROVE YOUR OUTCOMES.**

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The crew at Penn Ohio Rehabilitation work hard to ensure that you get back to living your best life. They are knowledgeable, down to earth, and care a whole lot! They are simply great people. I highly recommend them!

-Carey C.

Josh and team are wonderful to heal with... friendly, knowledgeable, relaxed and flexible. I always looked forward to my sessions which helped me to feel educated about my injury, comforted from the chronic pain, heard, seen, stronger and more healthy. The exercises that were given to me to do at home were manageable, varied and healing. I am back to doing my daily yoga and have better quality of movement all around. My pain is virtually all gone and minimizing each day of stretching, strengthening, resting and moving. The first and best lesson I took from Josh was “Movement is Medicine” and while he kept me moving, it was always in a gentle and easy way. Thanks Josh and team for a great experience!

- Shannon

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***TESTIMONIALS***

# ***TREATING PEOPLE, NOT DIAGNOSES***

**Bone and muscle loss commonly occurs with advancing age and greatly threatens future independence and quality of life. Osteoporosis (bone loss) and sarcopenia (muscle loss) are degenerative conditions that greatly increase risk of falls, increase risk of fractures, and increase physical disability. Typical management of these conditions includes pharmacological intervention and dietary changes. High-quality evidence suggests that physical therapy including weight-bearing and resistance training exercises are effective treatments for managing osteoporosis and sarcopenia.**

**REQUEST AN APPOINTMENT NOW**



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