

How Can Therapy Help Your Osteoporosis?

1. If you have suffered from an injury or fracture, therapy can assist in promoting healing and returning functional ability.
2. Therapy can assist with pain reduction of the injured site, through use of ice, moist heat packs, ultrasound, electrical stimulation, and/or massage techniques.
3. Therapists can assist you with finding an appropriate brace, if necessary, to provide support during the healing process. In some cases, braces may also be used to prevent additional fractures.
4. If you have not had an injury or fracture, therapy can assist you with prevention strategies, which may include the following:
 - Tips for creating a safe environment to decrease stresses on the body and prevent falls
 - Education on guidelines for safe movement, exercise, and lifting techniques to minimize risks
 - Improving self-awareness of posture, and tips for improving poor posture
 - Improving flexibility to minimize unbalanced stresses on the body
 - Education on appropriate strengthening exercises to increase muscle tone and slow the progression of the disease
 - Improving balance to decrease the risks of falling

**At Your Next Doctors Visit Ask About a Referral for
Outpatient Therapy!**