

OSTEOPOROSIS

Osteoporosis or osteopenia is a thinning of bone caused by your body not building enough bone or breaking too much down. When this happens your bones break more easily. This condition affects more than 25 million Americans of both sexes and includes men and children. Women, however are hit the hardest with one-third of all women over 50 suffering a broken bone because of bone thinning. The most common fracture areas are the spine, hip, and wrist. Fractures are difficult for anyone but are especially devastating for the elderly who are more at risk of falling and ending up needing nursing home care.

Clemens Physical Therapy can help address posture and strength along with balance issues that make falls more likely. It is very important if you have osteoporosis or osteopenia to avoid certain movements and positions that place you at risk for fractures. We can help you increase your activity safely and help you prevent more bone loss with attention to the proper exercises. Treatment works well along with medication or other treatments provided by your physician or health care provider.

** for more information, go to **SEARCH** on our website and type in **OSTEOPOROSIS***

PROBLEMS

- Increased risk of fractures
- Decreased body height
- Stooped posture
- Humped appearance of the upper spine
- Weak and thin bone

RISK FACTORS

- Female
- Older age
- Family history of fracture or osteoporosis
- Small or thin build – (Low body mass index)
- Caucasian or Asian ancestry
- History of broken bones
- After menopause
- Alcohol, steroid, or tobacco use
- Inactive lifestyle

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Exercise: Very gentle strengthening and stretching programs designed with people with the special needs of osteoporosis in mind. The goal is to restore function and prevent future problems.

Modalities: Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Manual “hands-on” therapy: Very gentle treatment designed with people with osteoporosis and chronic pain in mind. The goal is to stretch tight muscles and joints that contribute to poor posture without aggravating symptoms.

Education: Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Stress of the importance of what activities you should avoid and lifestyle changes to make for improved bone health. Self-help techniques to help you maintain your progress on your own at home or in the gym.

Clemens Physical Therapy PLLC

Marnie Clemens PT, DPT, WCS, OCS,
FAAOMPT
302 West Main St
Bridgeport WV 26330

Doctor of Physical Therapy
Specialist in Women's Health Physical
Therapy
Specialist in Orthopedic Physical Therapy
Fellow of the American Academy of
Orthopaedic Manual Physical Therapists

Phone: 304-842-6008
Fax: 304-842-0060
E-mail: marnie@clemenspt.com
web: www.clemenspt.com

CLEMENS PHYSICAL THERAPY, PLLC

Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
304-842-6008

Clemens Physical Therapy PLLC

Marnie Clemens PT, DPT, WCS, OCS,
FAAOMPT
302 West Main St
Bridgeport WV 26330

Doctor of Physical Therapy
Specialist in Women's Health Physical
Therapy
Specialist in Orthopedic Physical Therapy
Fellow of the American Academy of
Orthopaedic Manual Physical Therapists

Phone: 304-842-6008
Fax: 304-842-0060
E-mail: marnie@clemenspt.com
web: www.clemenspt.com