



Western Pennsylvania Sports Medicine & Rehabilitation Clinic Inc.

Effective Therapy from Experienced Professionals

**5 Locations to Serve You!**

Berlin: **814.267.4393**

Ebensburg: **814.472.9070**

Richland: **814.269.9606**

Somerset: **814.445.7727**

Westmont: **814.255.6814**



## THE DEFINITIVE BONE STRENGTHENING PROTOCOL



Osteoporosis is a condition in which the amount of calcium and minerals in the bone decreases, leading to a reduction in bone density. As a result, bones become fragile and prone to fractures. A fracture can occur from a minor fall or simple actions like sneezing or bumping into furniture.

Treatment involves calcium supplements and prescription medication. Physical therapy plays an important role in maintaining quality of life for

patients with osteoporosis, and for good reason.

Muscles and tendons can be strengthened to provide a protective effect for bones. Although it cannot be cured, the rate of progression of osteoporosis can be decreased with physical therapy and medication.

### Important Factors to Consider When Living with Osteoporosis

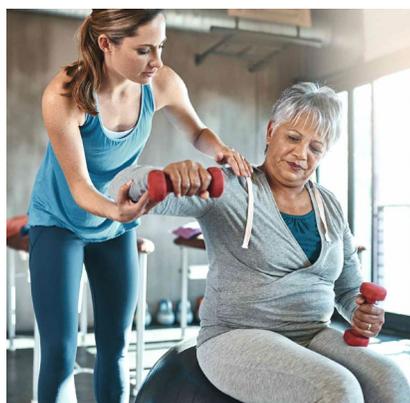
Here are important factors to consider when living with osteoporosis:

#### 1. Dietary Measures

A diet rich in calcium and vitamin D provides the body with important minerals that form the building blocks of bones.

#### 2. Weight Bearing Exercises

Always seek approval from a physician before starting any exercise program, especially if have been diagnosed with osteoporosis. Simple exercises like walking and climbing up a flight of stairs are beneficial. A physical therapist will prescribe an exercise program tailored to the needs of the patient.



#### 3. Muscle Strengthening Exercises

Supervised weight training helps improve muscle strength. A physical therapist may recommend the use of tools such as elastic bands, free weights and exercise equipment. Patients are also encouraged to use their own body weight to perform a number of exercises. *[continued on next page]...*

## SPOTLIGHT



**Mandy R. Lauer, MPT**

**MPT:** Physical Therapy, Chatham College

**BS:** Biology, University of Pittsburgh at Johnstown

**Member:** American Physical Therapy Assoc., Physical Therapy Section of APTA

A native of Somerset County, Mandy has 18 years' experience treating a wide variety of orthopedic and neurological conditions. Mandy has specialized training and considerable experience in manual therapy techniques for treatment of back and neck problems. She also has training in the treatment of balance and vestibular disorders.

For the past 13 years, Mandy has practiced in our Berlin location.

The clinic serves the student athletes from Mandy's alma mater the Berlin Brothersvalley School district. The clinic has an active wellness exercise program that participates in the Silver Sneakers benefit offered by Highmark and UPMC health plans.

These programs are an integral part of maintaining fitness levels and independence in a senior population.

**CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**

**1218 East Main Street  
Berlin, PA 15530  
814.267.4393  
Fax: 814.267.4395**



## Our Many Specialty Areas Deliver Outstanding Therapy Solutions.

- Graston Technique®  
*Treats Scars, Adhesions and Muscle Injuries*
- Initial Injury Evaluation
- Sports Injury Rehab
- Balance Therapy
- Orthopedic Physical Therapy
- Industrial Rehabilitation
- Neurological Rehab
- Foot & Ankle Therapy
- Hand Therapy
- Pre and Post surgical Orthopedic Rehab
- Sports Performance Enhancement Programs
- Silver Sneakers Program

Call one of our 5 locations to schedule an evaluation of your condition.

### 4. Core Stabilization Exercises

These exercises improve posture and balance. They help in the prevention of falls, injuries and fractures. Yoga and Pilates are examples of exercise used to improve posture and balance. All exercises should be done under the supervision of a licensed physical therapist

### New Horizons Await You



If you have been diagnosed with osteoporosis, don't despair. Millions of individuals with this condition live healthy, productive lives. As long as you work with a physical therapist and take the right precautions, you can experience a renewed awareness of movement and function.

Physical therapy can improve balance, increase strength and reduce the incidence of falls. Ask your physical therapist for precautions about movement, lifting, and injury prevention. In the unfortunate event that you do experience a fracture, your physical therapist is uniquely qualified to help you in the recovery process. The use of assistive walking devices (cane, walker) may be suggested by your therapist.

Don't allow fear of injury to hold you back. Talk to a physical therapist and learn about the differences between safe and unsafe exercise. A new world of freedom and independence awaits you. We are here to help you improve your life with the benefits of physical therapy.

The physical therapists at Western PA Sports Medicine & Rehab can develop an exercise protocol consistent with your limitations to help with the symptoms of osteoporosis.

**\*These may include:**

#### Weight-bearing Exercises *[Weight-bearing exercises can be high-impact or low-impact.]*

##### High-Impact:

- Dancing
- Doing high-impact aerobics
- Hiking
- Jogging/running
- Jumping Rope
- Stair climbing
- Tennis

##### Low-Impact:

- Using elliptical training machines
- Doing low-impact aerobics
- Using stair-step machines
- Fast walking on a treadmill or outside

#### Muscle-Strengthening Exercises *[Also known as resistance exercises.]*

- Lifting weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight
- Functional movements, such as standing and rising up on your toes

\*<https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/>

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