

Osteoporosis
Physical Therapy &
Education Program



This comprehensive approach to treatment & management of osteoporosis & osteopenia developed by April McNaboe, MPT, physical therapist & certified specialist in safe exercise for osteoporosis, includes:

- ◆ Initial Assessment of height, balance, posture, range of motion, limitation in activities of daily living.
- ◆ Education in prevention of injuries associated with osteopenia/osteoporosis
- ◆ Individual exercise program that promotes: correct postural alignment, site-specific resistive and weight-bearing activities.

To schedule an appointment, please call the Physical Therapy Department today: (605) 343-7353

**Black Hills Orthopedic
& Spine Center, P.C.**

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