

The Center for Physical Rehabilitation
and Sports Medicine

Osteoporosis/Osteopenia Exercise Program

Concerned about Bone Loss? Learn the right way to combat osteoporosis through exercises you can do right in your own home. The Center for Physical Therapy and Sports Medicine will provide you with the right tools to strengthen your bones in as little as 15 minutes of home exercises per day.

EXERCISE PROGRAM INCLUDES:

- A minimum of two - one hour, one-on-one, personalized sessions with a licensed Physical Therapist.
- A customized exercise plan that you can easily work into your busy schedule. Exercises emphasize resistance training, weight bearing and low to medium impact activities.
- Exercise bands that can be used at home, at work, or when you travel.
- Recommendations for some reasonably priced equipment you may want to consider purchasing.

COST:

This program is covered under most insurance carriers when referred to Physical Therapy by your physician. You may have a co-pay or deductible.

For more information or to schedule an appointment, please call the office most convenient to you.

The Center for Physical Rehabilitation and Sports Medicine

WEST CHESTER

Fern Hill Medical Campus
915 Old Fern Hill Road
Suite 4, Building A
West Chester, PA 19380
610.738.2480

EXTON

The Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

KENNETT SQUARE

Medical Office Building at
New Garden
830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

SOUTHERN CHESTER COUNTY

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950



Penn Medicine

ChesterCountyHospital.org