

What does Movement Solutions do for Osteoporosis?

- **Evaluation focuses on:**
 - Function
 - Muscle Strength
 - Flexibility
 - Balance
 - Fall Prevention
 - Ergonomics
 - Spine Protection
 - Energy Conservation Techniques
 - Walking Program
 - Postural Alignment
 - Muscle Re-Education
- **Patient Education:**
 - How to initiate an exercise program that is patient specific
 - Upgrading and maintaining a program independently
 - Contraindications of Activities
 - *i.e. golf and tennis*
 - Support Group Information
- **Fall Prevention:**

Each patient will have a fall risk profile determined by computerized norm based testing and balance therapy will be incorporated for those at risk.