

YOU MAY PREVENT THE LIFE
CHANGING EFFECTS OF:

**OSTEOPENIA
OSTEOPOROSIS
FRACTURES &
WEAKNESS**



Solution:

A Personalized Spinal Strengthening Program

*A Customized Program Designed by Physicians and Physical Therapists
in Order to Strengthen your Spinal Bones and Muscles*

!!!! ALL IN ONE LOCATION !!!!

This Program is as easy as: 1 2 3

- 1. A CUSTOMIZED MEDICAL QUESTIONNAIRE IS OBTAINED & YOU WILL RECEIVE A CONSULTATION WITH AN EXPERIENCED PHYSICIAN.**

Reason: Doctors and licensed physical therapists formulate a personalized pain relief & strengthening program to reduce risks of height loss, bone decay, bone weakness and fractures.

- 2. accuDEXA BONE DENSITY TESTING/SPECIFIC X-RAYS PERFORMED.**

Reason: To objectively assess your bone mineral density and risk factors.

- 3. THERAPEUTIC FOLLOW UP CARE, WHICH MAY INCLUDE:**



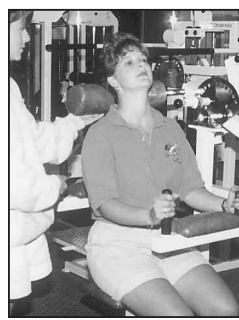
- **Therapeutic Massage:**
To get rid of tight muscles and pressure points while increasing circulation.
- **Spinal Wave Therapy:**
To increase flexibility and mobility of your spine and pelvis.



- **Therapeutic Stretching:**
One on one stretching with a licensed and experienced physical therapist. To increase flexibility while getting rid of chronic tightness.



- **General Nutritional Counseling:**
To increase calcium absorption to your bones.
- **Lifestyle Assessment:**
To assess your risk factors and prevent the chance of spinal injury.



- **Supervised Spinal Strengthening:**
To strengthen your bones and muscles that supports your spine in order to reduce the chances of height loss, bone weakness or fracture.

Most
Insurance
Plans Accepted

MEDWELL SPORTS MEDICINE & PHYSICAL THERAPY

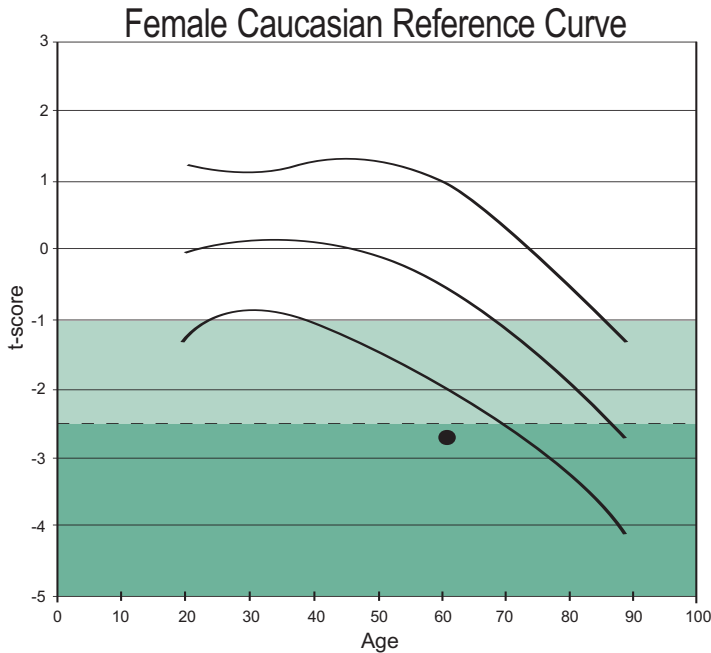
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Open Six
Days A
Week

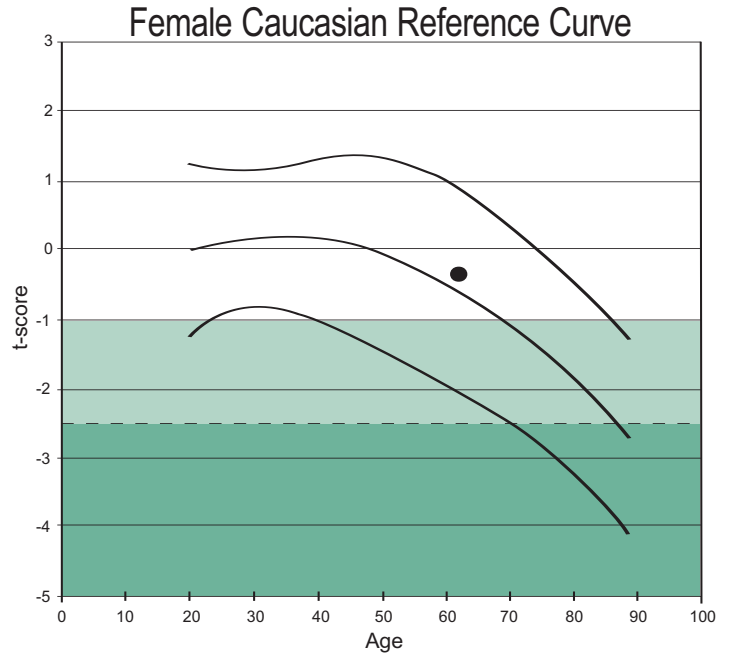
Call Now (201) 848-8000

accuDEXA BONE DENSITOMETRY REPORT

BEFORE



AFTER



Dark Green - Osteoporosis
 Light Green - Osteopenia
 White - Normal

• Real People • Real Success • Real Stories

Results are what count and we get them! Read how our patients have been helped by the quality of care that we offer.



Strengthening Program. My treatment included **Hands On Therapeutic Massage** which helped my back pain as well as making me walk straighter. I was very impressed about the care, friendliness of the staff, amount of time spent with me and best of all my insurance covered most of my expense. Thank you MedWell.

Jean R. of Mahwah

Physical Therapy Center for a Spinal Strengthening program. I haven't moved like I do now for a long time. MedWell Physicians and Physical Therapists made me to **have more energy and have a normal Bone Density.** Thank you, MedWell.

Nancy H. of Wyckoff

OSTEOPOROSIS

I was told that I have osteoporosis. I also experienced back pain and tightness. I started to have forward slouched posture. I was worried to also shrink in height. My doctor referred me to MedWell Physical Therapy. After an initial comprehensive evaluation I started a **Spinal**

OSTEOPENIA

I was diagnosed with osteopenia (Bone Loss/Decay). I was afraid of having a spinal or hip fracture and become paralyzed because I was living with chronic back pain. I was on drugs, which were not working. I felt **helpless until my doctor referred me to MedWell Sports Medicine &**



Patient Success Says It Best