

BONE BUILDERS

For OSTEOPOROSIS & BONE LOSS

Peak Performance Physical Therapy is now offering osteoporosis classes.

These classes are designed for people as a method of prevention as well as for those who have been diagnosed with osteoporosis or osteopenia.

The osteoporosis classes target diet, exercises, and tips for activities of daily living.

A physical therapist will lead the class through exercises with one on one assistance and provide education that can change your life!

For more information or to sign up for a class call Peak Performance Physical Therapy at 875-8492.

Established in 1996, Peak Performance is a locally owned and private practice that is committed to providing quality physical therapy services to the Green River community.



BONE BUILDERS FOR OSTEOPOROSIS



140 Commerce Dr
Green River, WY 82935
307-875-8492



How strong are your bones?



Are you at risk for osteoporosis?

Risks You May Have

- Family history of bone loss or fractures?
- Caucasian or Asian?
- Are you a woman? Past menopause?
- Long term use of certain medications including corticosteroids and anticonvulsants.
- Thin, small, or petite body type.

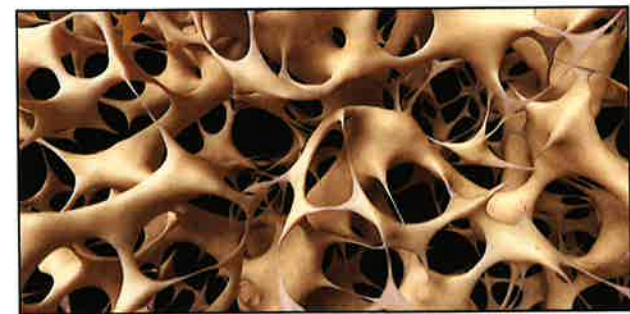
Risks You Can Affect

- Are you a woman with estrogen deficiency?
- Diet low in calcium as an adult or a child?
- Exercise.
- Smoker, past or present.
- Alcohol consumption, past or present.
- Do you drink a lot of coffee, soda, or other caffeinated beverages?

The more risk factors you have, the more you need to protect your bone health.
Peak Performance Physical Therapy can help you get started.

What is Osteoporosis?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.



Bone is living, growing tissue that changes throughout the lifespan.