

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.**

7220 S. Highway 16  
Rapid City, SD, 57702  
[www.bhosc.com](http://www.bhosc.com)