

GOOD BONES COME TO
THOSE WHO
DON'T WAIT!

*1/2 of all women and 1/4 of
all men over age 50 will
break a bone due to
Osteoporosis.*

But it doesn't have to
happen to you...

*Osteoporosis is largely
PREVENTABLE and
TREATABLE!*

Learn how to protect yourself
with our individual and
group programs.

Call us today!

(410) 889-8004

Most major insurances accepted

Visit us on the web at:
www.manualphysicaltherapy.net

3612 Falls Rd.
Lower level
Baltimore, MD 21211



REVERSING
THE EFFECTS OF
OSTEOPOROSIS



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Lower Level
Baltimore, MD 21211

410-889-8004

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DO YOU HAVE OSTEOPOROSIS?

Do you suffer from neck
or back pain?

A loss of height?

Poor posture?

Would you prefer a
safe & natural approach
to Osteoporosis?

Do you want
Long Term Solutions?

We Can Help!!

OUR UNIQUE APPROACH

- Our staff is composed of therapists and instructors **specially trained** to work with osteoporosis
- We use the *Meeks Method*[™], an original, effective physical therapy approach to **treat** the effects of Osteoporosis
 - *Our program is professionally designed to be safe for people with osteoporosis and those at risk for fractures*

THE MEEKS METHOD[™]

- Our *1-on-1 evaluation* and *tailored exercise program* is perfect for the client who prefers a more individualized therapy approach
 - *Group Exercise Classes*
Taught in 6 sessions, participants learn a series of exercises that they can do at home to improve posture and bone health
- *Effective for people with:*
 - Osteoporosis
 - Poor posture
 - Neck & back pain