

Facility and Amenities

- 11,500 Sq. Ft. Rehab Facility
- 3,000 Sq. Ft. Exercise Gym
- Nautilus, Body Master Equipment
- Treadmills, Bikes, Ellipticals, Upper Body Bike
- Free Weights
- Balance Tools
- Exercise Pool
- Lockers, Showers, and Towels

Personnel

- Exercise Physiologists
- Certified Athletic Trainers
- Certified Strength and Conditioning Specialist
- Personal Trainers
- Physical Therapist

*Fortanasce & Associates Physical
Therapy & Sports Medicine Center*

Hours:

**Monday- Friday
7:00 am - 8:00 pm
Saturday 8:30 am - 1:30 pm**

Phone: 626.446.7027

FAX: 626.446.4723

Website:

www.fortanasce.com

**671 Naomi Avenue, Arcadia,
CA 91007**



Osteoporosis Treatment & Prevention Program



***Our Continuing Commitment
To Your Health and Wellness***

**For Information
Call 626.446.7027**

Some Shocking Facts:

- Osteoporosis is a threat for an estimated 44 million Americans, or 55 percent of the people 50 years of age and older.
- In the U.S., 10 million individuals are estimated to already have the disease.
- Of the 10 million Americans estimated to have osteoporosis, 8 million are women and 2 million are men.
- Significant risk has been reported in people of all ethnic backgrounds.
- While osteoporosis is often thought of as an older person's disease, it can strike at any age.

What can be done:

-Proper exercise can add new bone and/or reduce bone loss. (Robling, A. et al)

-Research has shown that proper exercising, as little as 3 times per week for about 30 minutes may help treat and/or in some cases reverse osteoporosis.

Testimonial: " This program reversed my osteoporosis, even after I stopped taking Fosamax." -Janet McGaharn

Osteoporosis Treatment & Prevention Program:

Consists of

Specialized Osteogenic Vibration Therapy



How Much Time and How long?

**30 minute sessions,
3 times per week
for at least a 6-month period**

Program Fees*:

Monthly Rate: \$75.00

3-Month Rate: \$195.00

**A pre and post DEXA scan may be offered at \$50 each.*

WHAT ARE YOU WAITING FOR?

*...It's never too late to start. Even if you are currently taking medication or supplements for osteoporosis this special program has been shown to **treat** and in some cases **reverse** this condition.*

How Do I begin?

Call to set up an appointment.

626-446-7027

Remember, our clinic can help guide you in getting the help you need to get started. Our facility is composed of a Physical Therapy clinic as well as a Health and Wellness center where we can provide an environment to help you attain your goals.