

HOW CAN PHYSICAL THERAPY HELP?



At Comber Physical Therapy, Erika Comber has been practicing therapy for the past 18 years. She has worked with Arthritic patients, both young and old. She has expertise in Low Back Pain and Women's Health.

Samantha Chou has just joined our team at Comber Physical Therapy. She has experience in treating a wide variety of patients and specializes in manual therapy. She also specializes in Low Back Pain, Neck Pain and SIJ dysfunction.

Evaluations are performed to assess posture, strength, flexibility, and patient's goals.

We will help you with progression of activity and discuss limitations. The goal is to improve the quality of life.

We participate with most insurances. Ask your doctor for a referral.



Comber Physical Therapy, LLC

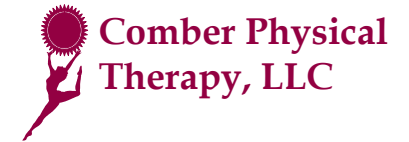
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Located in Michael Commons
Condominiums off Mooretown Road,
across the street from the new hospital
site, next door to Ferguson's Lighting and
Plumbing. Please call to set up an
appointment.



Osteoporosis and Physical Therapy



**"HELPING YOU BACK TO A
HEALTHY LIFE"**

Tel: 757 229 9740

PHYSICAL THERAPY AND OSTEOPOROSIS



Osteoporosis means “porous bones”. These are bones that were once strong and now have become fragile.

Osteoporosis affects 20 million people in the United States each year.

Exercise, good posture, good diet, balance of hormones and lifestyle are very important in the treatment of osteoporosis.

Physical Therapy can help people with osteoporosis improve their quality of life .

Physical Therapists are trained to custom-design a safe and effective program to meet your needs.

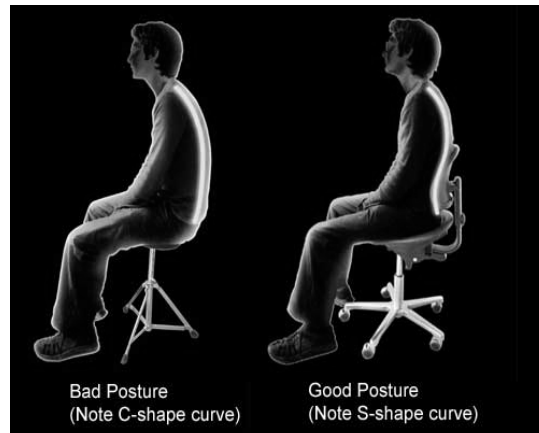
It takes a trained individual who is experienced to assist in the development of a regular program.

Posture and Body Mechanics

In standing, there is straight vertical alignment of your body from the top of your head, through your body’s center, to the bottom of your feet.

In sitting, your head is erect while maintaining the three natural curves of the back. A soft pillow behind your waist will assist you with a neutral spine.

Fractures in the spine are commonly seen in people with Osteoporosis. This may impair balance and produce poor posture. A Physical Therapist will prescribe balance and strength exercises at your own pace.



Goals of Physical Therapy

- * Restore Mobility
- * Restore Function
- * Restore Strength
- * Restore confidence
- * Enhance safety of daily activities
- * Patient education with osteoporosis

