

Osteoporosis Program



WASHINGTON COUNTY
HOSPITAL
Total Rehab Care

Osteoporosis is a preventable condition in which bones become fragile. This loss of bone mass creates weakness that significantly increases the chance of fractures and breaks.

The osteoporosis program at Washington County Hospital's Total Rehab Care is a comprehensive program designed to give patients the tools to rebuild bone strength. The program includes physical therapy, occupational therapy and nutritional education. Activities include:

- exercise
- balance training
- fall prevention
- aquatics
- basic mechanics
- energy conservation

Group sessions are held at Total Rehab Care's Robinwood Medical Center facility.

For more information and course schedule or to register, please call Total Rehab Care at 301-714-4025.



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www.washingtoncountyhospital.com