



# BIODENSITY

## About

The BioDensity system safely aids in increasing bone density by stimulating the body's natural bone generation process. Based on existing science of bone compression, BioDensity applies optimal biomechanics for the self-compression of bone, stimulating adaptations of density in bone, tendons, and ligaments.

## Treatment

We use our BioDensity system to help build and/or maintain bone mass for those who have osteoporosis or may be at risk. It is also used throughout physical therapy and chiropractic treatment to measure strength output that will give our providers an extra look at how your care should be tailored and how it has progressed.

The appointment is very short, approximately 5 minutes. You will be expected to do four different exercises (as your physical health allows), all of which consist of a 5 second static hold. They are as follows:

1. Leg Press
2. Chest Press
3. Core Pull
4. Vertical Lift

Let us know of any new injuries so that we may adjust the treatment accordingly and prevent further injury.

Please contact our front desk to take advantage of this service and ask about our package deals