



# PROHEALTH ASIA

HONG KONG

SPORTS AND SPINAL  
POSTURE PLUS  
BONE HEALTH

## **Preventing and Treating Osteoporosis in Hong Kong: Fortify Your Bones, Safeguard Your Future**

Osteoporosis is a silent disease that weakens bones, increasing their susceptibility to fracture. Before a fracture is caused by a small fall or impact, it frequently develops over many years without any obvious symptoms. Understanding and treating osteoporosis is more crucial than ever in a fast-paced metropolis like Hong Kong where lifestyle factors including sedentary habits and little exposure to sunshine are prevalent.

Prohealth Asia Physiotherapy & Rehabilitation Center's [\*\*Osteoporosis Care and Prevention Hong Kong\*\*](#) services offer specialized care and advice to help patients manage and stop bone loss. To strengthen bones and improve quality of life, their interdisciplinary team emphasizes early diagnosis, individualized exercise regimens, and lifestyle modifications.



Although men are also at risk, older adults are the main population affected by osteoporosis, particularly postmenopausal women. The good news is that prompt intervention can effectively manage the illness. By using bone density scans (DEXA) for early detection, medical practitioners can see dangers before fractures happen. In addition to medical care, physical therapy is essential for enhancing muscle strength,

balance, and posture in order to reduce the risk of falls.

Prohealth Asia's physiotherapists provide low-impact, safe workout plans that support stability and bone density. Weight-bearing activities, resistance training, and flexibility enhancement are some examples of these workouts that can lower the risk of fractures. Along with advice on lifestyle changes like quitting smoking and drinking less alcohol, patients are also educated on healthy eating, particularly the need of calcium and vitamin D intake.



Treatment and prevention are equally vital. A balanced diet, regular checkups, and an active lifestyle are important ways to lower the risk of osteoporosis. Patients can greatly enhance bone health and prolong their mobility and independence by adhering to a customized care plan.



For those who want to safeguard their bone health and prevent long-term consequences, osteoporosis care and prevention in Hong Kong are crucial. The physiotherapists and medical specialists at Prohealth Asia provide patients with comprehensive support for both prevention and recovery. A more robust, healthy, and self-assured future can be ensured by acting now.

### **Contact Us**

**Website:**<https://prohealthasia-hk.com/>

**Address:**15F Winway Building 50, Wellington Street, Central, Hong Kong

**Phone:**(852) 2530 0073

**Email:**[appt@physiohk.com](mailto:appt@physiohk.com)

### **Social Media Links:**

<https://www.instagram.com/prohealthphysiohk/?hl=en>