

Press Release

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Alane Curry, PT, MPT

Orthopedic Rehab Specialists Alane Curry attended Strength Training and Exercise for the Aging Spine

Rockford, IL – April 2009 - Physical Therapist, Alane Curry of *Orthopedic Rehab Specialists*, Rockford IL attended Strength Training and Exercise for the **Aging Spine: Considerations for Osteoporosis and Other Degenerative Conditions. In this course Alane went over proper mechanics to examine common conditions, develop more effective strength and conditioning programs, establish guidelines for exercising and stretching. Alane is happy to demonstrate the proper techniques for upper, lower and core body exercises that enhance posture and spinal health. For more information on obtaining your goals contact Alane with *Orthopedic Rehab Specialists* at (815) 227-1700.**