



Are you one of the 44 million Americans who unknowingly suffers from the silent disease osteoporosis?

Do you know you may be at risk for debilitating fractures which could be fatal?

Osteoporosis is Both Reversible and Preventable!

Be proactive -- come in for a free consultation and bone density ultrasound!



Convenient Location
ONE HOUR FREE PARKING

11710 WILSHIRE BLVD
LOS ANGELES, CA 90025

Walter O'Brien, MD
Michael Sheps, DC

310.873.4422

Medicare & PPO
insurance accepted

PacificCoastSportsMedicine.com



PACIFIC COAST
SPORTS MEDICINE



OsteoBlast

Natural, Drug-free
Osteoporosis Treatment Program

Try our **innovative** natural approach
without pharmaceuticals



The Osteoporosis Program

At Pacific Coast Sports Medicine we specialize in Regenerative Orthopedics. We maximize the body's own healing power with its built-in tools. Our cutting-edge osteoporosis program can reverse or prevent bone loss.

Goals of the Program

- Restore bone mineral density
- Utilize safe, effective methods
- Require only minimal time investment
- Increase balance and coordination

Individualized Treatment Plans

- Objective assessment
- Specialized equipment
- Exercise recommendations
- Nutritional counseling
- Bone-enhancing supplements

Assessment Tools

- Individual consultation
- Free bone density ultrasound
- DEXA bone density analysis
- FRAX fracture risk assessment
- Blood analysis

bioDensity, the cornerstone

- Non-impact isometric resistance
- Patient-controlled bone loading
- Extremely safe
- Research-proven density gains

Power Plate

- Safe vibrating platform
- Stimulates new bone growth
- Activates muscle contractions
- Research-proven



Korebalance

- Training to reduce risk of falls and fractures
- Enhances proprioceptive feedback
- Improves muscle control, reflexes, reaction

Nutrition and Supplements

- Bone-building supplements
- Individualized plan
- Specific acute and maintenance products
- Osteoporosis risk-reduction diet recommendations

While there are multiple factors that contribute to osteoporosis, our program is designed to reverse osteoporosis without pharmaceuticals.

Know your risk! Call us today to schedule an appointment.