



Discover Recovery from OSTEOPOROSIS

NON-SURGICAL
TREATMENT



**Dedicated Back And Knee
Specialists**

A part of



TONIK ASIA
Group

Transforming lives through integrative healing

www.tags.my

TAGS® Specialists

Dedicated centers of excellence for back and knee conditions.

At **TAGS**, our philosophy is simple:

We always consider non surgical solutions first.

At **TAGS**, surgery is always the last option for our patients.

Natural recovery and your safety... is our top priority.



Regenerate Your Spine... Without Surgery

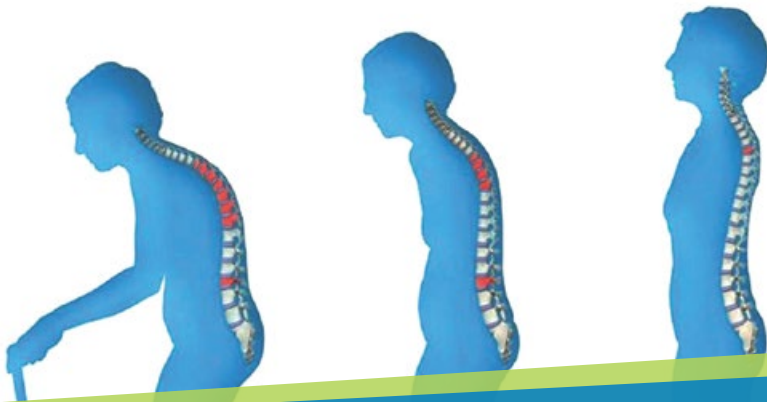
Our program combines the ultimate in non-surgical expertise, researched technologies and innovation to optimize a natural recovery from osteoporosis. It's effective, affordable and best of all risk free!

What is osteoporosis?

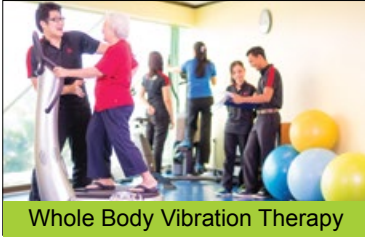
Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses like bending over or coughing can cause a fracture. Osteoporosis is a potential health risk for those who fall into the geriatric age group, as they often suffer with concomitant health issues. Hip fractures are one of the more serious consequences of osteoporosis, however other complications can include chronic pain, disability and diminished quality of life. Osteoporosis affects men and women of all races. But white and Asian women - especially those who are past menopause - are at highest risk.

Symptoms of Osteoporosis

You might not even realize you have osteoporosis until you have a fracture or an obvious change in posture. In fact, you could have significant bone loss without even knowing it. Back pain, caused by changes in the vertebrae, may be the first sign that something is wrong.



Our system includes:



WHOLE BODY VIBRATION THERAPY:

The benefits of whole body vibration include neural adaptation, improving proprioception and coordination, as well as strength and endurance, with less risk of injury than regular exercise, in a shorter time.



PERSONALIZED REHABILITATION:

Specific exercises to strengthen the weak muscles supporting the spine, helping to increase flexibility and balance and improve overall spine function.



SUPPORTING BACK BRACE:

This lumbar spinal orthosis is an easy-to-use brace designed for pain relief, the protection of injured ligaments or muscles and post-surgical immobilization.

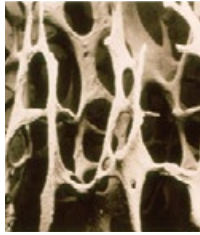


ORTHOTICS & FOOTWEAR:

We supply footwear and orthotics to fit into all types of shoes to provide the correct support to help improve your standing and walking postures. Conditions that can be improved by the use of orthotics include: hip pain, heel spurs (plantar fasciitis), shin splints, knee osteoarthritis and trigger points.



Healthy Bone



Osteoporotic Bone



Preventing Osteoporosis

Healthy habits as a child or teenager can pay off years later with stronger bones. Young people can build their bones by eating calcium-rich foods, getting enough vitamin D (through sunshine or diet), and exercising regularly.

Why is Our System so Effective?

Our Osteoporosis Recovery System:

1. Strengthens and rebalances weak muscles
2. Corrects alignment
3. Improves posture

Osteoporosis doesn't have to interfere with your life. In fact, being inactive or immobile will worsen bone health. So get out and walk, and enjoy leisure activities. Ask for help carrying heavy grocery bags or other items, and use railings or a cane or walker if you need stability.

DISCOVER RECOVERY WITH TAGS.