

## Osteoporosis

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#### Medical Training Therapy (MTT)

Medical training therapy is part of physiotherapy. It serves to restore the ability to move after it has been impaired by tension, after a herniated disk, and in cases of osteoporosis but also following surgery and injuries. At the same time, breathing, the cardiovascular system, the function of the nervous system and the metabolism are improved. Medical training therapy uses machines, which clearly differ from those normally used at fitness studios. On the one hand, they allow for very specific training, and on the other, the gradation of the weights is different. Also isometric exercises, using a fixed resistance to increase muscle power, are part of MTT.