

Our Team



Owner

Ashley Strand

Ashley Strand is an entrepreneur, a certified REMS tech and BioDensity coach, former manager of OsteoStrong Greensboro, and has helped hundreds of women with age-related bone loss to improve their bone health. He is dedicated to safety, good form, listening to, and caring for his clients.

Expert REMS Advisor

Dr. Andrew Bush

Dr Andrew Bush was an orthopedic surgeon for 25 years before changing his focus from fracture repair to fracture prevention. Since then the REMS scan has become central to his practice. Dr Bush is top REMS practitioner nationwide. A pioneer in the field, he has over 3,000 scans, he has performed and analyzed more REMS scans than anyone in the US. He runs Central Carolina Orthpedic in Pittsboro, NC.

Our Philosophy

Better Bones is proud to be the first REMS provider in the Triad. We believe the best treatment begins with the best diagnosis, that strength is a proxy for bone health, that bone health is inseparable from overall health, and that results should be measurable and tracked.