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# Rehabilitation for OSTEOPOROSIS: Fit and Frail with a Pilates Emphasis



**Sherri R. Betz**  
PT, GCS, CEEAA, PMA®-CPT



# Great Books



QTY TOTAL

**The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89**

Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.

**The Functional Toolbox II . . . . . \$89**

Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. **Functional Toolbox I and II special: \$159.00**

**Geriatric Clinical Strategies . . . . . \$70**

Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.

**Age-Defying Fitness . . . . . \$20**

Moffat/Lewis. This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.

**Documenting Quality Care **UPDATED** . . . . . \$39**

Lewis, revised 2011. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.

**Health Promotion and Exercise for Older Adults . . . \$48**

Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.

**Improving Mobility In Older Persons **UPDATED** . . . . \$48**

Lewis. The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.

**Balance Assessment Tests and Treatment . . . . . \$49**

Lewis. Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.

**Orthopedic Outcomes Toolbox . . . . . \$67**

Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.

**Hand-Held Dynamometry . . . . . \$25**

McAndrew/Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations

**1 Repetition Maximum Progression Pad . . . . . \$12**

This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

**Slide Algometer . . . . . \$6**

An easy-to-use, reliable and valid measurement tool for assessing pain.

**Pocket Card 1 Repetition Maximum . . . . . \$6**

This valuable tool has 1RM values at 50% and 80% already figured out for you

**Pocket Card Bed Mobility . . . . . \$6**

This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.

**Pocket Card Sit to Stand Transfer . . . . . \$6**

This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise

**Osteoporosis Exercise Booklet . . . . . \$6**

**Self Balance Hints for Older Persons Booklet . . . . . \$6**

**AB Attack . . . . . \$20**

A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor

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# Program Outline

## Day 1

7:30-8:00	Registration and Continental Breakfast
8:00-8:30	History of Pilates
8:30-9:30	Osteoporosis Etiology, Disease Process, Patient Questionnaire
9:30-9:45	Break
9:45-10:45	BMD Testing Methods, Interpretation of a BMD Study
10:45-11:15	Patient Assessment for Osteoporosis
11:15-12:00	Patient: Assessment: Kypholordosis Measurement
12:00-1:00	Working Lunch: Osteoporosis Nutrition, Common Medications
1:00-2:00	Osteoporosis Exercise Research Review
2:00-3:30	Precautions and Contra-indicated Exercises Hip, Spine, Wrist
3:30-3:45	Break
3:45-5:00	Pilates-based Standing Posture and Lower Extremity Alignment
5:00-6:00	Introductory Level Pilates Mat Work focused on Form and Alignment
6:00-6:30	Review and Questions & Answers

## DAY 2:

7:30-8:00	Continental Breakfast
8:00-9:45	Pilates-based exercises for Frail Older Adults
9:45-10:00	Break
10:00-11:00	Intermediate Level Pilates Mat Class for Fit Older Adults
11:00-12:00	Pilates-based Mat Class in Chairs and Standing for Frail Older Adults
12:00-1:00	Working Lunch: Case Study
1:00-2:00	View and Discuss a Private Pilates Session with a Frail Older Adult
2:00-2:45	Physical Therapy, Pilates Private Sessions, Pilates Group Community Classes
2:45-3:00	Break
3:00-4:00	Pilates Apparatus Introduction and Discussion
4:00-5:00	Group Case Studies
5:00-6:00	Case Study Presentations
6:00-6:30	Discussion, Q & A and Evaluation of Days 1 & 2

# Faculty

SHERRI BETZ, PT, GCS, CEEAA, PMA®-CPT is a graduate of the LSUMC School of Physical Therapy, a Geriatric Clinical Specialist, PMA® Certified Pilates teacher, and Vice-President of Polestar Pilates Education. Sherri also serves on the Board of Directors of American Bone Health, on the FORE (Foundation for Osteoporosis Research and Education) Professional Education Committee, on the NOF (National Osteoporosis Foundation) Exercise and Rehabilitation Advisory Council and as the Chair of the APTA Geriatric Section's Bone Health Special Interest Group. She also speaks internationally on behalf of these organizations on the topic of geriatric exercise, bone health and Pilates-based rehabilitation. Ms. Betz was elected as the Vice-President of the Pilates Method Alliance and served on the PMA Board of Directors from 2003-2009, and also serves on the Medical Advisory Panel for the PMA Pilates National Exam to improve the quality of Pilates instruction. Sherri Betz is currently pursuing research at University of Miami on Pilates' effect on respiratory function and bone health. Sherri is passionately devoted to improving awareness about bone health through development of professional and consumer education as well as through promotion of low-cost community exercise programs for fit and frail older adults.

# Description

Here's a shocking statistic....Worldwide, 1 out of every 2 women, and 1 out of every 4 men over age 50 has low bone density! The purpose of this course is to teach you innovative and creative Pilates-based models for working with the fit or frail patient/client with osteoporosis in groups or in one-to-one physical or occupational therapy treatment settings. Learn to triage patients into a fit or frail category with a simple screening process.

This course places a strong emphasis on postural awareness, neuromuscular re-education for trunk control, spinal extension, lower extremity strength, and balance as applied to falls and fracture prevention of the hip and vertebral bodies. Learn how to introduce alignment, breathing and core control using Pilates-based principles followed by appropriate selection and sequencing of exercises for success with extremity strengthening, core control, postural changes, reduction of kyphosis, and balance.

The course will also cover a myriad of topics from the FRAC® fracture risk assessment tool, to current evidence based treatment of frail older persons and those with osteoporosis. Precautions and contraindications will be clearly explained with supporting evidence. Exercise classes will be presented in an experiential format that are appropriate for the fit or frail osteoporotic patient as well as case studies utilizing Pilates and other treatment techniques so the attendee will leave with a rich repertoire of treatments that can be used immediately.

# Objectives

*Upon Completion of this Seminar, Participants will be able to:*

- Apply the definitions of osteoporosis and osteopenia in evaluation and treatment in clinical practice
- Identify risk factors for osteoporosis in all ages
- Explain how the diagnosis and screening process for osteoporosis relates to fracture prevention
- Perform the FRAC® Risk Assessment on every patient at risk for fracture
- Select and practice physical therapy evaluation and interventions specific to patients with osteoporosis
- Perform and gain competence in the Kypholordosis Measurement Technique
- Interpret Bone Densitometry Studies and create exercise programs based on the findings
- Explain the T-score and Z-scores to patients and colleagues
- Apply current research in teaching effective exercise for bone health and avoid high fracture risk exercise for osteoporotic patients
- Plan treatments and systematically progress the client with previous fracture
- Discuss fracture prevention tips with patients and students
- Avoid contraindicated movements and exercises in patient programs
- Practice over 100 Pilates-based exercises as appropriate for geriatric populations
- Demonstrate unique postural correction cues, activities and exercises to teach in individual or group sessions based on the work of Paul Hodges, Ron Fletcher, and Polestar Pilates Education.
- Participate in 2 Levels of Pilates-based mat classes targeting fit and frail older adults
- Create and organize group exercise classes for the optimum learning of the individual participants
- Apply imagery and tactile cueing in teaching Pilates exercises for effective and fast patient performance

# Locations

# Registration

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**LATE REGISTRATION:** Postmarked after the above date requires an additional **\$50 late fee**.

**EARLY BIRD:** \$470 - If completed registration and payment are **received** by

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**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

**COURSE CANCELLATION:** GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

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**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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## 2012 Rehabilitation for Osteoporosis: Fit and Frail with a Pilates Emphasis

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