

Therapilates® for Osteoporosis

with Sherri Betz, PT, GCS, CEEAA



Join us for a 2-day intermediate level lecture, lab and demonstration course designed to prepare the clinician in assessment and program design in physical therapy or group classes for the osteoporotic or osteopenic client.

Learning Objectives:

- Osteoporosis vs. Osteopenia
- Frax Risk Calculator
- Bone Densitometry Interpretation
- T-score and Z-scores Understanding
- Latest Exercise Research Familiarity
- Pilates Mat & Apparatus Progression
- Fracture Prevention Tips
- Contraindicated Exercises



Instructor: Sherri Betz, PT, GCS, CEEAA

- Chair Bone Health Special Interest Group
APTA Geriatric Section
- PMA Certified Pilates Teacher
- FORE Professional Education
Committee
- American Bone Health Board Member
- Chair Monterey Bay Chapter
of American Bone Health

Miami, FL • Feb 25-26, 2012

Santa Cruz, CA • March 2-4, 2011

Early Bird: \$475 Regular Rate: \$495

Register: 831.476.3100 or www.therapilates.com