



TheraPilates® Physical Therapy presents: Pilates for Osteoporosis

Sherri Betz, PT

This is a 2-day lecture and lab course designed to prepare the clinician in evaluation and treatment of the osteoporotic or osteopenic patient. This course is also designed for the exercise specialist or instructor in program design for the osteopenic client or for those who are at risk for osteoporosis in need of a prevention program. Topics addressed will be the definitions of osteoporosis and osteopenia, risk factors for osteoporosis, diagnosis and screening process for osteoporosis which includes a questionnaire that can be used for determining a patient's risk, discussion of peri and post-menopausal relationship to osteoporosis, physical therapy, evaluation of the osteoporotic or osteopenic patient, interpretation of Bone Densitometry



Studies, T-score and Z-score definitions, latest research in alternative testing for osteoporosis, treatment planning and appropriate progression of the patient with fracture, fracture prevention tips, contraindicated movements and exercises, and nutritional recommendations will also be discussed. In participatory labs, the appropriate exercises and modifications will be covered in mat work with and without props, Trapeze Table, Reformer and Combo Chair. Two 1 hour mat classes will be taught utilizing exercises as appropriate for patients or clients with osteoporosis or osteopenia.

The Osteoporosis Exercise Book: Building Better Bones will be available at the course. Also available are *The Pilates for Osteoporosis Exercise Video*, and *Pilates for Seniors-The Osteoporosis Workout*, great instructor references or patient home exercise

Register:

1. Online: at www.TheraPilates.com
2. Fax: 831-476-6338
3. Mail:
TheraPilates Physical Therapy
920-A 41st Avenue
Santa Cruz, CA 95062
4. Phone: 888-229-5334

2 Days, 16 hours
8 am - 5 pm

Sherri Betz, PT, is a 1991 graduate of LSU's School of Physical Therapy. Utilization of Pilates-Based methods for treatment of osteoporosis and the pelvic girdle are integral in her practice as a physical therapist. Sherri has developed Women's Wellness Programs covering a variety of topics and has pioneered the research on Pilates and Osteoporosis. She is the author of several rehabilitation videos and The Osteoporosis Exercise Book: Building Better Bones, based on the research of exercise and bone density. Sherri is an examiner and Principal Educator for Polestar Education and was elected to the Board of Directors of The Pilates Method Alliance. You can contact Sherri Betz at:

TheraPilates® Physical Therapy
920-A 41st. Ave in Santa Cruz, CA

Sherri@TheraPilates.com
or 831-476-3100



REGISTRATION:

THERAPILATES® FOR OSTEOPOROSIS

920-A 41st Avenue
Santa Cruz, CA 95062

TheraPilates®
Sherri Betz, PT
920 41st Ave.
Santa Cruz, CA 95062
831-476-3100
Email:
Sherri@TheraPilates.com

Date of Course: _____

Location: _____

Please print clearly all necessary information. Make a copy of this registration form for your records and return the entire completed registration form and your payment to TheraPilates at the address below. Thank you.

Name: _____

Organization: _____

Address: _____

Address Line 2: _____

City: _____

State/Province: ___ Zip/Postal Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Best Time To Call: _____

Fax: _____

Email: _____

Mastercard/Visa # _____ Exp. Date: _____

Refund Policy: You may cancel your registration up to 14 days before the course. Your tuition will be refunded less a \$50 processing fee. No refunds will be made for cancellations after the 14 day registration deadline. Remaining fees can be applied to a future course. All refunds are subject to a \$50 administrative fee. If the course is cancelled for any reason all of your registration fees will be refunded.

**For registration, directions, hotels
and information contact**

Sherri Betz, PT

(888) 229-5334 Toll Free

or email:

Sherri@TheraPilates.com

**For Early Bird Registration send
payment of \$400 postmarked by
30 Days in Advance**

Registrations after 30 day deadline
send payment of \$425.

3 Ways to Register:

- 1. Mail:** Make a copy of this form for your records and mail this form with your check or money order payable to:
TheraPilates®
920-A 41st Ave.
Santa Cruz, CA 95062
- 2. Fax:** Fill out form and fax to 831-476-6338 to charge with Visa/Mastercard
- 3. Phone:** Call 888-229-5334 to register by phone and charge with Visa/Mastercard