



TheraPilates® Physical Therapy presents: Pilates for Osteoporosis

Sherri Betz, PT

Join us for a seminar designed to introduce the Physical Therapist, PT Assistant, Pilates Teacher, exercise specialist or anyone interested in program design for the osteopenic or osteoporotic client. The seminar is also useful in the application of exercises for those who are at risk for osteoporosis in need of a prevention program.

Topics addressed will be:

- ◆ Definitions of osteoporosis and osteopenia
- ◆ Risk factors for osteoporosis,
- ◆ Screening process
- ◆ Risk factor questionnaire
- ◆ Peri and post-menopausal relationship to osteoporosis
- ◆ Physical therapy
- ◆ Interpretation of Bone Densitometry Studies
- ◆ T-score and Z-score definitions
- ◆ Latest research in alternative testing for osteoporosis
- ◆ Planning and appropriate progression of the patient with fracture
- ◆ Fracture prevention tips
- ◆ Contraindicated movements and exercises
- ◆ Demonstration of appropriate exercises and modifications in Mat work, Mat work with props, Trapeze Table, Reformer and Combo Chair.



Products available at the seminar:

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

You can contact Sherri Betz at:
TheraPilates® Physical Therapy
920-A 41st. Ave in Santa Cruz, CA

www.TheraPilates.com

Sherri@TheraPilates.com
or 831-476-3100



Santa Cruz, CA
TheraPilates Physical Therapy

March 15-16, 2008

Sat & Sun 8am-5pm

Register:

www.TheraPilates.com

831-476-3100

About the Instructor:

*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 in 2003 to the Board of Directors of The Pilates Method Alliance (PMA).*

REGISTRATION:

THERAPILATES® FOR OSTEOPOROSIS

TheraPilates Physical Therapy
920-A 41st Avenue
Santa Cruz, CA 95060

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

March 15-16, 2008 8am-5pm

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: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Fax: _____

Email: _____

MasterCard/Visa # _____ Exp. _____

Refund Policy: Registration Deadline Feb 29, 2008. 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 this registration deadline. You may apply your fees to another course or product. 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 directions, hotels and local information contact

Sherri Betz, PT

831-476-3100

or email:

Sherri@TheraPilates.com

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■ *For Early Bird Registration send payment of \$450 postmarked by Feb 15, 2008*

■ Registrations after Feb 29 send payment of \$500.

■ **3 Ways to Register:**

■ 1. **Online:** Register on the internet at www.polestarpilates.com

■ 2. **Phone:** Call 888-229-5334 to register by phone and charge with Visa/MasterCard

■ 3. **Mail:** Make a copy of this form for your records and mail this form with your check or money order payable to:

■ TheraPilates®

■ 920 41st Ave.

■ Santa Cruz, CA 95062

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