

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 fit and frail older adults with osteoporosis.

Learning Objectives:

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



Instructor:

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

- Chair: Bone Health Special Interest Group APTA Geriatric Section
- PMA® Certified Pilates Teacher
- FORE Professional Education Committee Member
- NOF Exercise and Rehabilitation Advisory Council
- Polestar Pilates Educator
- American Bone Health Board Member

Manhattan, NY • Oct 6-7, 2012

Dallas TX • Nov 17-18, 2012

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

Register: 831.476.3100 or www.therapilates.com