

Course Description:

Osteo-Circuit™ is a Physiotherapy Exercise and Education Program for people with osteoporosis or low bone density. One in three women and one in five men over the age of 50 will suffer an osteoporotic fracture in their lifetime. Physiotherapists can play a key role in decreasing risk of fracture as well as promoting health and independence.

Unique features of the Osteo-Circuit™ model include the application of extensive theory, and the understanding of current medical management, as it relates to the Physiotherapy management of the osteoporosis patient. The detailed assessment of each patient, whether fit or frail, with or without vertebral fractures, male or female, of any age, leads to the prescription of an individualized and progressive exercise and education program. The evidence-informed 6 and 12 Week Osteo-Circuit™ programs can be used for individual sessions or group classes.

A recent Program Evaluation with the University of Toronto demonstrated there was a statistically significant decrease in fall and fracture risk in post-menopausal women who adhered to the program. The Program Evaluation recommended Osteo-Circuit™ be expanded to other clinics and community settings. There are presently clinics in Canada, the United States and Israel providing the Osteo-Circuit™ program.

Registration Form:

Name _____

PT Registration Number _____

Address _____

City _____

Province _____ Postal code _____

Tel# _____

Email _____

Place of Work _____

Space is limited. Please register early.

Course Fee: \$499.00 + HST (\$563.87)

Early Bird Fee: Register by Aug.15th, 2017

\$459.00 + HST (\$518.67)

Payable to **Osteo-Circuit™** via *PayPal*:
Paypal.me/OsteoCircuit **OR**

Mail cheque to: 114 Devins Drive,
Aurora, ON, L4G 4B5

Fax Registration form to: **(905) 731-2884**
OR Scan and Email Completed Registration
to: dave@osteocircuit.com

Questions?

Email Bonny O'Hare
bonny@osteocircuit.com



Osteoporosis Physiotherapy

The Osteo-Circuit™
Method of Exercise and
Education

Course Dates:

Sat. September 16th
and
Sun. September 17th,
2017

Course Location:

Pro Motion Physiotherapy
Level 3, the Promenade
1 Promenade Circle
Thornhill, Ontario
L4J 4P8

Agenda (Day One):

8:30 – Registration & Coffee

9:00 Morning Session:

Current Research in Aging, Chronic Disease & Osteoporosis

- Welcome & Introduction
- Musculo-skeletal, cardio-vascular & neurological changes with aging
- Osteoporosis: Facts, Statistics, Fracture Risk Assessment, BMD
- Case Studies -Introduction

10:30 – 10:45 Break

- Medication, Calcium & Vitamin D
- Current Trends in Medical Management
- Osteoporosis & Men
- The younger “typical” patient
- Hyperkyphosis
- Vertebral Fracture Management
- Osteoporosis & Exercise: Blending Research and Practice

12:30 Lunch

1:30 - Afternoon Session:

Osteo-Circuit™ Assessment

- Osteo-Circuit™ Questionnaire
- Osteo-Circuit™ Physiotherapy Assessment: Policies & Procedures and Clinical Practice

3:00 – 3:15 Break

- Osteo-Circuit™ Physical Performance Measures: Policies & Procedures and Clinical Practice
- Osteo-Circuit™ Reassessment
- Osteo-Circuit™ Forms: Assessment, Reassessment, Program Progression, Record Keeping
- Case Studies -Group Work

Expected Completion: 5:00pm

World-wide, an osteoporotic fracture occurs every 3 seconds.

Agenda (Day Two):

8:30: Coffee

9:00 Morning Session:

Osteo-Circuit™ Exercise Program: Practical Lab

- Osteo-Alignment Exercises
- Osteo-Spinal Strengthening Exercises
- Osteo-Postural Exercises
- Osteo-Core Exercises

10:30 – 10:45 Break

- Osteo-Balance Exercises (Static, Dynamic, Single Task and Dual Task)
- Osteo-Education
- Osteo-Mechanics (Safer Body Movements)
- Yoga & Pilates: What is safe, not safe and what needs to be adapted
- Adapted Tai Chi Exercises
- Incorporating Exercise and Activity into Daily Living
- 6 & 12 Week Osteo-Circuit™ Exercise & Education Program for private treatments or group classes
- Case Studies- Group Work

12:30 Lunch

1:15: Afternoon Session:

- Adherence to Exercise
- Osteo-Circuit™ Exercise Pictures, Explanations and Patient Logs
- Case Studies – Group Presentations
- Case Studies - Osteo-Circuit™

3:00 – 3:15 Break

- Group Exercise Class: Class 12 of the 6 Week Program
- Setting up your Osteo-Circuit™ Program
- Clinical Pearls

Expected Completion: 5:00 pm

Osteoporosis: a pediatric disease with geriatric consequences.

Instructor:

**Bonny O’Hare BSc. PT, MCPA
Physiotherapist; Director/Owner,
Pro Motion Physiotherapy
Thornhill, Ontario Canada**



About Your Osteo-Circuit™ Program

At the completion of the Osteo-Circuit™ Training Workshop, Physiotherapists will have the theory and printed material to immediately provide an evidence-based, individualized and progressive exercise program for their patients with osteoporosis.

About the Osteo-Circuit™ Network

The Osteo-Circuit™ Network provides Physiotherapists with the opportunity to continue to develop expertise in the field of osteoporosis, to update their Osteo-Circuit™ programs and to network with other Osteoporosis Physiotherapists. Membership provides access to the Osteo-Circuit™ Software which includes the web-based Osteo-Circuit™ Exercises and Doctor’s Reporting Form, ongoing updates regarding research and exercise protocols as well as marketing material. For more information on this option, please contact Bonny at bonny@osteocircuit.com

Physiotherapists can play a key role in decreasing the risk of future fractures.