

# Pilates for Osteoporosis

with Sherri Betz, PT, GCS, PMA®-CPT



Join us for a 2-day intermediate level lecture, lab and demonstration course (16:1 student faculty ratio) in working safely with the Osteoporotic or Osteopenic client designed for:

- Clinicians in assessment and program design in physical therapy or group classes
- Pilates Teachers
- Group Exercise Teachers
- The Pilates Enthusiast 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 Progressions
- Fracture Prevention Tips
- Contraindicated Exercises



## Instructor: Sherri Betz, PT, GCS, PMA®-CPT

- Licensed Physical Therapist
- Board Certified Geriatric Clinical Specialist
- Chair: Bone Health SIG APTA, Geriatric Section
- PMA Certified Pilates Teacher
- FORE Professional Education Committee
- Chair: Monterey Bay Chapter of American Bone Health

**TheraPilates® Physical Therapy**

920-A 41st Avenue  
Santa Cruz, CA 95062  
831-476-3100

[www.TheraPilates.com](http://www.TheraPilates.com)



## **TheraPilates® for Osteoporosis**

**Sherri R. Betz, PT, GCS, CEEAA, PMA®-CPT**

2-day lecture and lab course designed to prepare the participant in individual and group program design for the fit and frail geriatric patient/client with osteoporosis.

### **Objectives:**

- Understand the history, purpose and benefits of Pilates.
- Apply the definitions of osteoporosis and osteopenia in Pilates. Studio Setting or for evaluation and treatment in clinical practice
- Identify risk factors for osteoporosis in all ages.
- Explain how the diagnosis and screening process for osteoporosis relates to fracture prevention.
- Perform the FRAC® Risk Assessment on every patient/client at risk for fracture.
- Select and practice fitness assessments or physical therapy evaluation and interventions specific to patients/clients with osteoporosis.
- Perform and gain competence in the Kypholordosis Measurement Technique.
- Interpret Bone Densitometry Studies and create exercise programs based on the findings.
- Explain the T-score and Z-scores to patients/clients and colleagues.
- Apply current research in teaching effective exercise for bone health and avoid high fracture risk exercise for osteoporotic patients/clients.
- Plan treatments and systematically progress the patient/client with previous fracture.
- Discuss fracture prevention tips with patients/clients and students.
- Avoid contraindicated movements and exercises in patient/client programs.
- Learn and practice over 100 Pilates-based exercises as appropriate for geriatric populations.
- Learn and practice unique postural correction cues, activities and exercises to teach in individual or group sessions based on the work of Paul Hodges and Ron Fletcher.
- Participate in 2 Levels of Pilates-based mat classes targeting fit and frail older adults.
- Create and organize group exercise classes for the optimum learning of the individual participants.
- Apply imagery and tactile cueing in teaching Pilates exercises for effective and fast patient /client performance.

In participatory labs, the appropriate Pilates-based exercises and modifications will be covered in mat classes targeting the fit older adult and the frail older adult. Pilates apparatus suggestions will be reviewed and discussed for implementation of a Pilates-based physical therapy program within a Pilates Studio environment.

# Pilates for Osteoporosis Course Schedule

## DAY 1:

8:00-8:30

Registration & Introductions

8:30-10:30

Osteoporosis Etiology, Bone Strength Principles, Patient Questionnaire

10:30-10:45

Break

10:45-12:00

BMD Testing Methods, Osteoporosis Nutrition, Common Medications

12:00-1:00

Lunch

1:30-2:00

Physical Assessment

2:00-3:00

Matwork Lab 1: Indicated and Contraindicated Exercises

3:00-3:15

Break

3:15-4:15

Matwork Lab 1: Indicated and Contraindicated Exercises

4:15-5:00

TheraPilates for Osteoporosis Mat Class

## DAY 2:

8:00-9:45

Review of Matwork and Community Programs

9:45-10:00

Break

10:00-11:45

TheraPilates for Frail Older Adults Group Class

11:45-12:00

View video of Pilates Session with an Osteoporotic Frail Client

12:00-1:00

Lunch

1:00-3:00

Apparatus Lab 1: *Demonstration & Practice*- Reformer, Trapeze Table, Combo Chair, Ladder Barrel and Baby Arc

3:00-3:15

Break

3:15-4:45

Apparatus Lab 2: *Demonstration & Practice*- Reformer, Trapeze Table, Combo Chair, Ladder Barrel and Baby Arc

4:45-5:00

Discussion, Question & Answer, Evaluation of Days 1 & 2

**SHERRI BETZ, PT, GCS, CEEAA, PMA®-CPT** has been a physical therapist since 1991, is a Geriatric Certified Specialist, PMA® Certified Pilates teacher, and director of TheraPilates® Physical Therapy Clinic since 2001.

She was elected as the **Vice-President of the Pilates Method Alliance** in 2007 and served on the PMA Board of Directors from 2003-2009. Sherri is the Chair of the PMA Research Committee, co-author of the *PMA Exam Study Guide* and PMA Certification Board member.

Ms. Betz has served on the Board of Directors and several committees: **American Bone Health, FORE** (Foundation for Osteoporosis Research and Education) Professional Education Committee, **NOF** (National Osteoporosis Foundation) Exercise and Rehabilitation Advisory Council and as the Chair of the APTA Geriatric Section's **Bone Health Special Interest Group**.



Sherri is passionately devoted to improving awareness about geriatric exercise, bone health and Pilates-based rehabilitation through development of professional and consumer education as well as through promotion of low-cost community exercise programs for fit and frail older adults.

**REGISTRATION:**

**THERAPILATES® FOR OSTEOPOROSIS**

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831-476-3100  
Email: Sherri@TheraPilates.com

**Date of Course:** \_\_\_\_\_

**Location:** \_\_\_\_\_

*Please print clearly all 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: \_\_\_\_\_

Email: \_\_\_\_\_

MC/Visa/Amex # \_\_\_\_\_

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.

**Registrations after 30 day  
deadline send payment of \$495**

**Early Bird Rate: \$445**

**Regular Rate: \$495**

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

**Sherri Betz  
(888) 229-5334 Toll Free  
or email:  
Sherri@TheraPilates.com**

**3 Ways to Register:**

**1. Online at [www.TheraPilates.com](http://www.TheraPilates.com)**

**2. 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 Avenue  
Santa Cruz, CA 95062**

**3. Phone: Call 888-229-5334 to register by phone and charge with: Visa/Mastercard/American Express**