



# 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](http://www.TheraPilates.com)
2. Fax: 831-476-3100
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: \_\_\_\_\_

Fax: \_\_\_\_\_

PMA Membership #: \_\_\_\_\_

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 Registration send payment of  
\$495 postmarked by  
15 Days in Advance  
PMA Members pay only \$445!**

**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 831-476-3100 to charge with Visa/Mastercard
- 3. Phone:** Call 888-229-5334 to register by phone and charge with Visa/Mastercard