

## 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™ Method 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.

A 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 \_\_\_\_\_

Dietary Restrictions \_\_\_\_\_

**Space is limited. Please register early.**

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

Early Bird Fee: Register by Feb. 1<sup>st</sup> 2020:

\$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

Complete registration form online at  
[www.osteocircuit.com](http://www.osteocircuit.com) **OR** Fax Registration  
form to: **(905) 731-2884**  
**OR** Scan and Email Completed Registration  
to: [dave@osteocircuit.com](mailto:dave@osteocircuit.com)

### Questions?

Email Bonny O'Hare  
[bonny@osteocircuit.com](mailto:bonny@osteocircuit.com)



## Osteoporosis Physiotherapy

The Osteo-Circuit™  
Method of Exercise and  
Education

## Course Dates:

**Sat. Feb. 15<sup>th</sup>, 2020**  
**and**  
**Sun. Feb. 16<sup>th</sup>, 2020**

**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 the Management of Osteoporosis

- Welcome & Introduction
- Osteoporosis: Facts, Statistics, Fracture Risk Assessment, BMD
- Medication, Calcium & Vitamin D
- Current Trends in Medical Management
- The Role of the Physiotherapist
- Case Studies -Introduction

10:30 – 10:45 Break

- Osteoporosis & Men
- The younger “typical” patient
- Vertebral Fracture: Differential Diagnosis
- Vertebral Fracture Management
- Breast Cancer and Bone Health
- 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
- Doctor’s Reporting Form Software
- Case Studies -Group Work

Expected Completion: 5:00pm

## Agenda (Day Two):

8:30 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, Dual Task and Cognitive)
- 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
- Osteoporosis exercise & education for private treatments or group classes: What to consider
- Case Studies- Group Work

12:30 Lunch

1:15: Afternoon Session:

- Osteoporosis and Exercise: Treat to Target
- Adherence to Exercise
- Osteo-Circuit™ Exercise Pictures, Explanations and Patient Logs
- Case Studies – Group Presentations
- Case Studies - Osteo-Circuit
- Group Exercise Class
- The Osteo-Circuit Network
- Clinical Pearls

Expected Completion: 3:30

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 Osteoporosis 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 develop expertise in the field of osteoporosis, provide the proprietary Level 1 and Level 2 Osteo-Circuit exercise and education classes and network with other Osteoporosis Physiotherapists. Membership provides access to the Osteo-Circuit™ Software (the web-based Osteo-Circuit™ Exercises and Doctor’s Reporting Form), marketing material, ongoing research and exercise protocol updates, extensive information on the Member’s Section and a listing on the “Locate an Osteo-Circuit™ Physiotherapist” on the Osteo-Circuit™ website. If you are interested in providing a formal osteoporosis exercise program in your community, and developing the reputation of expertise in the management of osteoporosis, please contact Bonny at [bonny@osteocircuit.com](mailto:bonny@osteocircuit.com)

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