

## Course Description:

Osteo-Circuit™ is an evidence-informed Physiotherapy Exercise and Education Program for people with osteoporosis. One in three women and one in five men over the age of fifty will suffer an osteoporotic fracture in their lifetime. People who have suffered a vertebral fracture are at imminent fracture risk. 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.

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.



## Registration Information:

To register go to: [www.osteocircuit.com](http://www.osteocircuit.com)

On the Home Page click on:

### Osteo-Circuit Course for Physiotherapists

Select: **Canada**

Complete the registration form for the **Canadian Workshop**.

Click on **Submit Registration**

Course payment can be made by using the **Paypal button** at the bottom of the registration page.

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

**OR**

Email payment to:

**Dave@osteocircuit.com**

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

Investment: \$495 + HST (\$559.35)

Early Bird: Register by:

August 19, 2026: \$450 + HST (\$508.50)

*\$50 fee for cancellations after September 1<sup>st</sup> 2026*



Osteoporosis Physiotherapy

The Osteo-Circuit™  
Method of Exercise and  
Education

### Course Dates:

**Friday September 18<sup>th</sup>  
and  
Saturday September  
19<sup>th</sup> 2026**

**Course Location:  
Pro Motion Physiotherapy  
The Promenade  
One Promenade Circle  
301F - Level 3  
Thornhill, ON L4J 4P8**

### Pre Course Preparation (3 hours):

Participants will receive a voice-over PowerPoint covering the following:

Unit 1: About Osteoporosis

Unit 2: About Falls and Fractures

- Literature screening
- Clinical features of vertebral fractures

Unit 3: Diagnostic Techniques

Unit 4: Prevention and Medical Management

- Medication, rare side effects

Unit 5: Exercise and Osteoporosis

- Literature review

Unit 6: Exercise considerations: older adults

Unit 7: Exercise considerations: specific conditions

Unit 8: Exercise Prescription

- Literature review

Unit 9: About Vertebral Fractures

- Literature review
- Exercise
- Results of Needs Analysis

Unit 10: About Osteo-Circuit™

- Program Evaluation

### Agenda (Day One)

**Registration 3:30 pm**

#### Osteo-Circuit™ Assessment

- Patient Questionnaire
- Policies & Procedures
- Clinical Lab
- Physical Performance Measures: Policies & Procedures and Clinical Lab
- Reassessment
- Osteo-Circuit™ Forms: Assessment, Reassessment, Patient logs, Program Progression, Record Keeping

**Expected Completion: 8:00pm**

### Agenda (Day Two):

**8:30 Morning**

#### Osteo-Circuit™ Exercise Program: Practical Lab

- Osteo-Mechanics (Safer Body Movements)
- Osteo-Balance Exercises
- Osteo-Spinal Strengthening Exercises
- Osteo-Core Exercises

**10:30 – 10:45 Break**

- Osteo-Progressive Resistance Training
- Osteo-Functional Training
- Osteo-Impact Exercises
- Osteo-Modifications: “Stepping up and stepping down” for individualization
- Osteo-Education
- Research updates on commonly asked questions by patients

**12:30 Lunch**

#### 1:15: Setting Up Your Osteo-Circuit Program

- Osteo-Circuit™ Exercise Pictures, Explanations and Patient Logs
- Promoting Exercise Adherence
- Osteo-Circuit™ Levels One & Two Exercise and Education Program (Class by class schedule)
- Osteo-Circuit™ Vertebral Fracture Exercise and Education Programs (Class by class schedule)
- Case Studies - Osteo-Circuit™
- Osteo-Circuit™ website Member’s section
- Osteo-Circuit™ Community of Practice
- Resources and Clinical Pearls

**Expected Completion: 5:00pm**

### Instructor:

**Bonny O’Hare**

**MSc. Rehab Science, BSc. PT**

**Owner/Director: Pro Motion**

**Physiotherapy**

**Founder: Osteo-Circuit™**



### About Your Osteo-Circuit™ Program

At the completion of this course, Physiotherapists will have the theory and printed material to immediately provide an evidence-informed, individualized, and progressive exercise program for their patients with osteoporosis.

### Join Our Osteo-Circuit™ Community of Practice!

Physiotherapists who have completed the Osteo-Circuit course are invited to continue to build their expertise in osteoporosis and exercise through our Community of Practice. Connect with like-minded colleagues, share clinical experiences, explore evidence-informed strategies, and stay current with the latest advances in osteoporosis care. This supportive community offers ongoing learning and peer support to help you confidently deliver safe, effective exercise programs — while also equipping you to communicate best practices to the public and medical community, promoting excellence in osteoporosis management

For more information on this option, please contact Bonny at [bonny@osteocircuit.com](mailto:bonny@osteocircuit.com)