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Course Description:

Osteo-Circuit™ is an evidence-informed 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 fifty 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.

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 and the United States providing Osteo-CircuitTM.



www.osteocircuit.com

***Registration Form:***

*Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*PT Registration Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*County \_\_\_\_\_\_\_\_\_\_ Post code\_\_\_\_\_\_\_\_\_\_\_*

*Tel#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Place of Work­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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

Regular Course Fee: £325

Early Bird Fee: Register by:

August 19, 2022: £300

Fee includes Flexicurve & Course Binder

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

Mail cheque to: Osteo-Circuit Inc.

Rhencullen, George Street

Charlton Adam, Somerset

TA11 7AS

*Fax Registration to:* ***+1 905* 731 2884**

*OR Scan and Email Completed Registration to:* [dave@osteocircuit.com](about:blank)

***Questions?***

Email Bonny O’Hare

bonny@osteocircuit.com

**Course Dates:**

**Saturday Sept 17th**

**and**

**Sunday Sept 18th, 2022**

Osteoporosis Physiotherapy

The Osteo-CircuitTM

Method of Exercise and Education

**Course Location:**

**Freeways**

**Leigh Court Centre, Pill Road**

**Abbots Leigh**

**Bristol, England BS8 3RA**

Agenda (Day One):

8:30 – Registration & Coffee

9:00 Morning Session:

* Welcome & Introduction
* Osteoporosis: Facts, Statistics,

Fracture Risk Assessment, BMD

* Current Trends in Medical Management
* Case Studies -Introduction

10:30 – 10:45 Break

* Medication, Calcium & Vitamin D
* Osteoporosis & Men
* The younger “typical” patient
* Hyperkyphosis
* Vertebral Fracture Management
* Exercise considerations in common chronic diseases
* Osteoporosis & Exercise: Blending Research and Practice

12:30 Lunch

1:30 - Afternoon Session:

Osteo-CircuitTM Assessment

* Osteo-CircuitTM Questionnaire
* Osteo-CircuitTM Physiotherapy Assessment: Policies & Procedures and Clinical Practice

3:00 – 3:15 Break

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

Expected Completion: 5:00pm

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

Agenda (Day Two):

8:30: Coffee

9:00 Morning Session:

Osteo-CircuitTM 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
* Research updates on commonly asked questions by patients (including information on spinal braces and vibration platforms)
* Case Studies- Group Work

12:30 Lunch

1:15: Afternoon Session:

* Telehealth: an effective way to deliver Osteo-Circuit™
* Adherence to Exercise
* Osteo-Circuit™ Exercise Pictures, Explanations and Patient Logs
* Osteo-Circuit™ and your clinical practice
* Case Studies – Group Presentations
* Case Studies - Osteo-Circuit™
* Resources
* Clinical Pearls

Expected Completion: 4:00 pm

Osteoporosis: a pediatric disease

with geriatric consequences.

Instructor: Bonny O’Hare BSc. PT, MCPA Physiotherapist; Director/Owner, Pro Motion Physiotherapy Thornhill, Ontario Canada (MSc Rehab Sciences in progress, McMaster University)



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](about:blank)

Physiotherapists can play a key role

in decreasing the risk of future fractures.