

Pilates for Osteoporosis – Minimising the risk of fracture



Kath Banks

Advanced Diploma Pilates,
Bachelor of Applied Science
(Human Movement), Cert IV TAE

Kath is the owner of the Moonee Ponds Aligned for Life Pilates studio, a lecturer for National Pilates Training and a consultant for Maribyrnong College Elite Sports Conditioning program.

Kath's specialty areas include postural analysis, rehabilitation and pregnancy. To further enhance her understanding of the body (in particular clinical conditions and rehabilitation); she has commenced her Masters of Clinical Exercise Science & Rehabilitation at Victoria University.

For Kath, the Pilates Method is vital for maintaining a healthy body where all joints are actively challenged through their full range of movement, with control, contributing to great strength.

Presented by Kath Banks

For a full understanding of the application of the Pilates Method to bone health National Pilates Training offers you this fascinating workshop about Pilates for Osteoporosis.

With 1 in 3 women and 1 in 5 men over 50 experiencing an osteoporotic fracture, it's time we increased our knowledge of this disease as there is a strong chance many of our clients will fall into this population.

Pilates for Osteoporosis – Minimising the risk of fracture
Friday 21 Oct 2016, 2:00 pm – 6:00 pm
Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne

This workshop explores the development and diagnosis of osteoporosis, who is at risk and the volume of people affected. Programming strategies will focus on minimising fracture through the application of indicated and contraindicated Pilates repertoire with a focus on falls management and an understanding of possible fracture sites. The program will have a heavy matwork focus, so will be relevant to both matwork and studio Pilates instructors.

- What is osteoporosis & osteopenia?
- Pathophysiology and epidemiology, including bone remodelling and risk factors of the disease
- Diagnosis – understanding DXA Scores
- Bone fracture risk management and falls prevention
- Ability to apply Pilates repertoire for clients with osteoporosis with an understanding of indications and contraindications.

Suitable for... both studio and matwork qualified Pilates Instructors.

Assessment will include... practical observation throughout the workshop and a short pop quiz.

Continuing Education Points

PAA PDPs = 4 pts

APMA CECs = 4 pts

How to register?

Book now via the Mind Body Online [website](#)

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