

Pilates for Osteoporosis – Minimising the risk of fracture



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 to increase your knowledge of this disease, as there is a strong chance many of your clients will fall into this population.

Pilates for Osteoporosis – Minimising the risk of fracture

Friday 27 Oct 2017, 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... studio and matwork qualified Pilates Instructors, allied health professionals

Materials... will be supplied electronically

Assessment will include... short pop quiz.

Continuing Education Points

PAA PDPs = 4 pts

APMA CECs = 4 pts

ESSA= 4 pts

Cost

\$195.00

How to register?

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



Kath Banks

- Advanced Diploma of the Pilates Method (91490NSW)
- Masters of Clinical Exercise Science & Rehabilitation
- Bachelor of Exercise Science
- ESSAM, Accredited Exercise Physiology
- Cert IV Training & Education (TAE40110)

- Owner, Aligned for Life Pilates, Moonee Ponds
- Faculty Educator, National Pilates Training