Faculty
SHERRI BETZ, PT, GCS, CEEAA, PMA®-CPT is a 1991 graduate of the LSUOM School of Physical Therapy, a Board Certified Geriatric Specialist, a Polestar Pilates Rehabilitation Practitioner, and a PMA®-Certified Pilates Teacher. Sherri actually began her movement career as a national gymnastics competitor and as a group fitness instructor and personal trainer in the 1980’s. Inspired by the work of a physical therapist in one of the clubs where she trained, Sherri pursued a degree in physical therapy.

Her love of movement education has been integrated into her physical therapy practice at a rehabilitative level and at a fitness level. Utilization of Pilates methods, yoga, and dyskinesiostretch with a specialty in the treatment of the pelvic girdle and manual therapy of the spine and pelvis are integral in her practice as a physical therapist.

Sherri is the recipient of the 2016 Deborah Lessen Award for her outstanding service to the Pilates Method Alliance. She was elected as the Vice-President of the Pilates Method Alliance and served on the PMA Board of Directors from 2003-2009. Sherri is the Chair of the PMA Research Committee and the Chair of the PMA Certification Board to protect the integrity of the credential and to improve the quality and safety of Pilates instruction.

Selected to serve on the Board of Directors of American Bone Health, on the FORE (Foundation for Osteoporosis Research and Education) Professional Education Committee, on the NOF (National Osteoporosis Foundation) Exercise and Rehabilitation Advisory Council and as the Chair of the APTA Geriatric Section’s Bone Health Special Interest Group, Sherri speaks internationally on behalf of these organizations on the topic of geriatric exercise, bone health and Pilates-based rehabilitation.

She is currently pursuing research on Pilates’ effect on respiratory function and bone health. Sherri is passionately devoted to improving awareness about bone health through development of professional and consumer education as well as through promotion of low-cost community exercise programs for fit and frail older adults.

Objectives
Upon Completion of this Seminar, Participants will be able to:

- Understand why Pilates is great for older adults with osteoporosis
- Apply the definitions of osteoporosis and osteopenia in evaluation and treatment in clinical practice
- Identify risk factors for osteoporosis in all ages
- Explain how the diagnosis and screening process for osteoporosis relates to fracture prevention
- Perform the FRAC® Risk Assessment on every patient at risk for fracture
- Select and practice physical therapy evaluation and interventions specific to patients with osteoporosis
- Perform and gain competence in the Kypholordosis Measurement Technique
- Interpret Bone Denasymmetry Studies and create exercise programs based on the findings
- Explain the T-score and Z-scores to patients and colleagues
- Apply current research in teaching effective exercise for bone health and avoid high fracture risk exercise for osteoporotic patients
- Plan treatments and systematically progress the client with previous fracture
- Learn to implement exercise programs for patients with knee pain, back pain or stiffness
- Avoid contraindicated movements and exercises in patient programs
- Learn and practice over 100 Pilates-based functional stabilization exercises as appropriate for geriatric populations, and adults with low back pain or lower extremity pathology
- Learn and practice unique postural correction cues, activities and exercises to teach in individual or group sessions based on the work of Paul Hodges and Ron Fletcher.
- Participate in 2 Levels of Pilates-based mat classes targeting fit and frail older adults
- Create and organize group exercise classes for the optimum learning of the individual participants
- Apply imagery and tactile cueing in teaching Pilates exercises for to carry over into physical movement patterns and improve patient performance quickly

In participatory labs, the appropriate Pilates-based stabilization exercises and modifications will be covered in mat classes targeting the fit older adult and the frail older adult. Pilates apparatus suggestions will be reviewed and discussed for implementation of a Pilates-based physical therapy program within a Pilates studio environment.

Description
Rehabilitation for Osteoporosis: Fit and Frail with a Pilates Emphasis will teach how to implement concise and useful strategies for any setting from acute care to outpatient that will result in immediate functional changes. Learn how to integrate alignment, breathing and core control using Pilates-based principles followed by appropriate sequence and sequencing of exercises for success with extremity strengthening, core control, postural correction, treatment of kypholordosis, and balance. This course places a strong emphasis on postural awareness, neuromuscular re-education for trunk control, spinal extension, lower extremity strength, and balance as applied to falls and fracture prevention and functional activities.

The purpose of this course is to teach innovative and creative Pilates-based models for working with the fit or frail patient prone to osteoporosis in community-based exercise programs and in adult care or home health settings. Learn to triage patients into a fit or frail category with a simple screening process.

We will also cover a myriad of topics from assessment tools to current evidence based treatment of frail to fit older persons. Precautions and contraindications for osteoporosis will be clearly explained with supporting evidence. Exercise classes will be presented in an extended format that is appropriate for the fit or frail osteoporotic patient as well as case studies utilizing Pilates and other treatment techniques so the attendee will leave with a rich repertoire of treatments that can be used immediately in any setting.

Locations
The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

- Hillcrest Country Estates
  Grand Lodge
  Papillion, NE
  May 20-21, 2017

- Phoebe Allentown
  Allentown, PA
  July 22-23, 2017

Join us for a 2 day, hands-on and interactive design session to prepare the clinician in individual and group program design for the fit and frail osteoporotic geriatric patient. This course is approved for 20.0 CEUs (20 contact hours). See inside for other state approvals.
Faculty

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Description

Rehabilitation for Osteoporosis: Fit and Frail with a Pilates Emphasis will teach how to implement concise and useful strategies for any setting from acute care to outpatient that will result in immediate functional changes. Learn how to integrate alignment, breathing and core control using Pilates-based principles followed by appropriate selection and sequencing of exercises for success with extremity strengthening, core control, postural correction, treatment of hyperkyphosis, and balance. This course places a strong emphasis on postural awareness, neuromuscular re-education for trunk control, spinal extension, lower extremity strength, and balance as applied to falls and fracture prevention and functional activities.

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2017

2017

Papillion, NE (Omaha, NE Area)
May 20-21

Allentown, PA
July 22-23

Sherri R. Betz
PT, GCSt, CEEAA, PMA®-CPT

GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training
2659 Bellevue Drive
Akron, Ohio 44325-2311
800-233-8788
www.4geriatrics.com

This course is approved by the Nebraska Physical Therapy Association for 2.0 CEUs (20 contact hours). See inside for other state approvals.

This highly innovative and interactive 20 contact hour course provides the clinician with immediately applicable mat and apparatus Pilates-based exercises in an extensive color manual for Home Health, Long-Term Care and Orthopedic patients.
2017 Rehabilitation for Osteoporosis:

**Registration**

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handouts.

**Papillion, NE:** $495. If postmarked before 4/26/17

**Allentown, PA:** $495. If postmarked before 6/28/17

**LATE REGISTRATION:** Postmarked after the above date requires an addition $25 late fee.

**EARLY BIRD:** $470 (if completed registration and payment are received by Papillion, NE - March 22, 2017

**Allentown, PA - May 34, 2017**

**DISCOUNT PROGRAM:** Receive $25 off your class registration for each Great Seminars & Books course attended from 2000 to the present up to a maximum of $200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

**CONFIRMATION:** A confirmation letter will be sent via email at least 3 weeks prior to the course with activity details and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

**CANCELLATION/FUNDING:** Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund less a $75 administration fee. NO refunds will be made after this date.

**COURSE CANCELLATION:** GREAT Seminars and Books, Inc. reserves the right to cancel the course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

**EDUCATIONAL CREDIT:** A certificate of attendance for 20 contact hours of educational activity (20 CEUs or 2.0 CEUs depending on how Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. GREAT Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, MD, KY, IL, TX and NC. Approved in NE, OK, AR, OH and CA 40 hours. Have applied for approval in NJ and PA. Our courses also meet the guidelines for approval in IN, WI, VA, IL, IA, UT and MO. Check with your state for acceptance for CEUs in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give us a call. All of our courses have Board of Certification Approval (NATA) and AOTA approval. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5. Congress, 2003 FPL 307.

**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is $25.

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**Program Outline**

**DAY 1:**

7:30-8:00 Continental Breakfast

8:00-8:15 Introductions

8:15-9:30 What’s Pilates?

9:30-10:00 Introduction of 2nd T-scores

10:15 BREAK

10:15-11:00 Patient Functional Assessment for Osteoporosis

11:00-12:00 Kypholordoscopy Measurement of Kyphosis

12:00-1:00 Working Lunch with Lecture: Osteoporosis Nutrition, Common Medications

1:00-1:30 Prevention & Bone Building Program

1:30-2:30 Precautions and Contra-indicated Exercises Hip, Spine, Wrist

2:30-3:30 Lab 2: TeraPilates®-Standing Posture and Lower Extremity Alignment

3:30-4:45 Lab 3: Functional Stabilization and Knee Pain Program

4:45-6:15 Lab 4: Safe Spine Mobility and Shoulder Girdle Stabilization

6:15-6:30 Review and Questions & Answers

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**DAY 2:**

7:30-8:00 Continental Breakfast

8:00-8:15 G&A

8:15-9:15 Osteoporosis Exercise Latest Research

9:15-10:00 Discussion of Ft. vs. Frail Exercise Programming

10:00-10:15 BREAK

10:15-12:15 Pilates Mat Class in Chairs/Standing for Frail Older Adults

12:15-1:15 Working LUNCH: View and discuss a video of a Pilates Private PT Session with a Frail Osteoporotic Older Adult

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**Designing Pilates-Based Physical Therapy Programs & Pilates Private Sessions and Developing Low Cost Pilates Group Community Classes**

2:00-4:00 Intermediate Pilates Mat Class for Frail Older Adults

4:00-4:15 BREAK

4:15-6:00 Introduction to using Pilates Apparatus for Rehabilitation

4:30-5:30 Group Case Studies

5:30-6:15 Case Study Presentations

6:15-6:30 Discussion, Q & A and Evaluation of Days 1 & 2