



Osteoporosis Study Day

09.00 - 09.15	Registration and Welcome
09.15 - 09.45	Introductions – who do you work with and where? What questions do you have?
09.45 - 10.30	Bone physiology & Osteoporosis - reminder
10.30 - 11.00	<i>Refreshments</i>
11.00 - 11.20	Sedentary behaviour & Bone/Function and why we need to promote movement throughout the day
11.20 - 11.40	The ROS Expert Statement on Exercise & Osteoporosis: Principles and Overview
11.40 - 12.30	STRONG - Impact exercise – for who, how and when? Thoughts on vertebral fractures
12.30 - 13.30	<i>Lunch & Videos</i>
13.30 - 14.15	STRONG - Strength training – for who, how and when? Thoughts on vertebral fractures
14.15 – 15.00	STEADY – Falls Prevention Exercise – who needs what and when?
15.00 - 15.30	<i>Refreshments</i>
15.30 - 16.00	STRAIGHT – posture improvement and pain reduction
16.00 - 16.20	When do people need to see a physiotherapist? Can all exercise instructors safely work with people with osteoporosis or vertebral fractures?
16.20 – 16.30	What did you learn today? Reflection and discussion



You will receive a Certificate of Attendance from Later Life Training documenting the number of contact hours (6 contact hours).

This day will update PSIs and physiotherapists on the new evidence on exercise and bone health and falls prevention. It will cover both theory and practice, including the exercises, specialist teaching skills and therapy led guidelines for tailoring the FaME programme for those with diagnosed Osteoporosis and Osteopenia. Developed in partnership with the Royal Osteoporosis Society, Professor Dawn Skelton, Chair of their Expert Statement on Osteoporosis and Exercise, aims to promote a more positive approach to exercise for those on diagnosis, or those already with the condition.

LEARNING OUTCOMES FROM THE DAY

- Identify the benefits, types and prescriptions of exercise for maintaining or improving bone health
- Identify any safety issues for those with osteoporosis and/or spinal fractures
- Review the role of physical activity and exercise to help with the pain and symptoms of vertebral fracture
- Review key research around sedentary behaviour and strategies to encourage people with osteoporosis to move more
- Evaluate their practice with respect to bone health and participants in their sessions

We will use case studies throughout the day to consolidate our learning – Mike, Chris and Neville.

You will receive a copy of the ROS Guidelines and Quick Guides as part of the course and we will reflect on the case studies.

For further information about Later Life Training and the other Study Days and Qualifications we run please visit www.laterlifetraining.co.uk