

Learning Objectives

MedBridge

TheraPilates for the Frail Older Adult: Assessment and Education

Sherri Betz, PT, GCS, CEEAA, PMA-CPT

Chapter 1: Introduction Lecture

- Learn the 4 main red flags for identification of osteoporosis in any type of patient. Use a suggested intake or screening form for every patient. Integrate the FRAX or FRAC Fracture Risk Calculator into your practice for free. Read and interpret Bone Mineral Density Report to inform your exercise plan.

Chapter 2: Hyperkyphosis Measurement

- Describe several ways to measure Hyperkyphosis including Radiographic Cobb Angle, Kyphometer, Occiput to Wall Distance and one of the best tools: Flexible Ruler Kyphosis Measurement.

Chapter 3: Discussion of Assessment

- Discuss strategies for reviewing and explaining findings of assessment with the patient explaining what's important, including fracture risk and prevention, physical findings and recommended interventions.

Chapter 4: Patient Education on Fracture Prevention

- Discuss fracture prevention using the *Do It Right! And Prevent Fractures* booklet as a guide.