

Course Description:

Osteo-Circuit™ is an evidence-informed Physiotherapy Exercise and Education Program for people with osteoporosis. One in three women and one in five men over the age of fifty will suffer an osteoporotic fracture in their lifetime. People who have suffered a vertebral fracture are at imminent fracture risk. Physiotherapists can play a key role in decreasing risk of fracture as well as promoting health and independence.

Unique features of the Osteo-Circuit™ model include the application of extensive theory, and the understanding of current medical management, as it relates to the Physiotherapy management of the osteoporosis patient. The detailed assessment of each patient, whether fit or frail, with or without vertebral fractures, male or female, of any age, leads to the prescription of an individualized and progressive exercise and education program.

A Program Evaluation with the University of Toronto demonstrated there was a statistically significant decrease in fall and fracture risk in post-menopausal women who adhered to the program. The Program Evaluation recommended Osteo-Circuit™ be expanded to other clinics and community settings.



Registration Information:

To register go to: www.osteocircuit.com

On the Home Page click on:

Osteo-Circuit Course for Physiotherapists

Select: **United Kingdom**

Complete the registration form for the course in **Falkirk, Scotland**.

Click on **Submit Registration**

Course payment can be made by using the **Paypal button** at the bottom of the registration page.

Payable to Osteo-Circuit™ via PayPal:
Paypal.me/OsteoCircuit

Be sure to select GBP from the drop-down menu

Space is limited. Please register early.

Investment: £350.00

Early Bird: Register by:
July 31, 2025: £325.00

Questions?

Contact: dave@osteocircuit.com



Osteoporosis Physiotherapy

The Osteo-Circuit™
Method of Exercise and
Education

Course Dates:

**Friday August 22nd
and
Saturday August 23rd 2025**

Course Location:

**Life Fit Wellness
The Falkirk Business Hub
Weir Street
Falkirk, FK1 1RA**

Agenda (Day One):

8:30 Registration

9:00 Theory

Unit 1: About Osteoporosis

Unit 2: About Falls and Fractures

- Literature review
- Clinical features of vertebral fractures

Unit 3: Diagnostic Techniques

10:30 – 10:45 Break

Unit 4: Prevention and Medical Management

- Medication, rare side effects

Unit 5: Exercise and Osteoporosis

- Literature review

Unit 6: Exercise considerations: older adults

Unit 7: Exercise considerations: specific conditions

Unit 8: Exercise Prescription

- Literature review

Unit 9: About Vertebral Fractures

- Literature review
- Exercise
- Results of Needs Analysis

Unit 10: About the Osteo-Circuit™ Network

- Program Evaluation

12:30 Lunch

1:30 – Assessment Lab

- Patient Questionnaire
- Policies & Procedures
- Clinical Lab

3:00 – 3:15 Break

- Physical Performance Measures
- Policies & Procedures and Clinical Lab
- Reassessment
- Osteo-Circuit™: Forms: Assessment, Reassessment, Patient logs, Program Progression, Record Keeping

Expected Completion Time: 5:00 pm

Agenda (Day Two):

8:30 Morning Exercise Lab

Osteo-Circuit™ Exercise Program: Practical Lab

- Osteo-Alignment Exercises
- Osteo-Mechanics (Safer Body Movements)
- Osteo-Core Exercises
- Osteo-Spinal Strengthening Exercises
- Osteo-Balance Exercises

10:30 – 10:45 Break

- Osteo-Progressive Resistance Training
- Osteo-Functional Retraining Exercises
- Osteo-Impact Exercises
- Osteo-Flexibility Exercises
- Osteo-Education

12:30 Lunch

1:15: Exercise Lab: Continued

- Osteo-Modifications: “Stepping up and Stepping down” for Individualization
- Progressing Intensity of Exercises
- Commonly asked questions by patients
- Promoting Exercise Adherence
- Osteo-Circuit™ Exercise Pictures, Explanations and Patient Logs
- Osteo-Circuit™ and your Clinical Practice
- Case Studies - Osteo-Circuit™
- Resources and Clinical Pearls

Expected Completion Time: 4:00 pm

Instructor:

Bonny O’Hare

BSc. PT, MSc. Rehab Science

Owner/Director:

Pro Motion Physiotherapy

Founder: Osteo-Circuit™



About Your Osteo-Circuit™ Program

At the completion of this course, Physiotherapists will have the theory and printed material to immediately provide an evidence-informed, individualized, and progressive exercise program for their patients with osteoporosis.

About the Osteo-Circuit™ Network

This Network provides Physiotherapists with the opportunity to continue to develop expertise in the field of osteoporosis, update their Osteo-Circuit™ programs and network with other Osteoporosis Physiotherapists. Membership provides access to the proprietary exercise and education templates for Osteoporosis classes, including the new Vertebral Fracture program. In addition, membership in the Network includes Osteo-Circuit™ Software (web-based Osteo-Circuit™ Exercises and Doctor’s Reporting Form), ongoing updates on research and exercise protocols, marketing material and more. For more information on this option, please contact Bonny at bonny@osteocircuit.com