

Osteoporosis: “Walk Tall, Don’t Fall”

By:

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Class Outline:

WEEK 1:

- Introduction: “What is osteoporosis?”
- Risk Factors, Golden Rules, and Body Alignment
- Postural Awareness Exercises (Wall & Floor exercises)
- Walking Program
- Begin Tai Chi Class

WEEK 2:

- Do’s & Don’ts for Preventing Falls
- How to Stand up Straight.
- Sitting With Good Posture
- Review of Exercises from last week
- New Exercises for Strengthening (Upper body/isometrics)
- Tai Chi Class

WEEK 3:

- Staying Motivated
- General Nutrition Update
- Flexibility Exercises/Breathing Exercises
- Tai Chi Class

WEEK 4:

- Medications Update
- Core Stabilization and Balance Exercises (Exercises in standing and Mat)
- Prone exercises on Mat
- Tai Chi Class

WEEK 5:

- ADL (Activities Daily Living) Techniques
- Exercising with Weights, Nautilus, and Bands (Sitting, Standing, and Mat)
- Scapular Stabilization exercises
- Tai Chi Class

WEEK 6:

- Osteoporosis –Quiz and Satisfaction Survey
- Pool Program at Armfield Center
- Using exercise equipment in the gym or home/Safe Exercise Classes
- Tai Chi Class

******The “Walk Tall, Don’t Fall” program is based on the Meeks Method for postural change, designed by Sara Meeks, P.T., M.S., G.C.S.***