

# CLINICAL OSTEOFIT



Starting September 2017, Shelbourne Physiotherapy will be offering a Clinical Osteofit class that is run by an Osteofit Certified Kinesiologist. Clinical Osteofit is a program that has its roots in the provincially recognized Osteofit that is endorsed and created by the BC Women's Hospital. This program is designed for those with osteoporosis, low bone density, or at increased risk for fractures and falls.

If you have existing injuries or pain, this exercise pathway may begin with Physiotherapy assessment and treatment by one of our highly qualified Physiotherapists.

With referral, clients will then progress to our Clinical Osteofit Program held at the Gordon Head Recreation Center.

A minimum of 1 one hour private appointment with a Kinesiologist will be required before starting the program.

Our Kinesiologists will use their knowledge of exercise prescription, and the recommendations of our Physiotherapists, to create a safe environment for all participants.

## OSTEOFIT I AND OSTEOFIT II

The program will consist of small group-led classes run by an experienced Kinesiologist and will focus on exercise for osteoporosis treatment.

Clinical Osteofit is comprised of 2 categories:

**Osteofit I** has a focus on beginner or entry level movement ability

**Osteofit II** is tailored to more advanced participants.

IMPROVE YOUR  
Mobility  
Bone Health  
Strength

### What will a class look like?

Both programs will incorporate:

- Balance exercises
- Memory-based activities
- Fall prevention strategies
- Nutritional guidance

## FALL 2017 CLASS SCHEDULE

### Osteofit I

2:00 pm- 3:00 pm

- M, W Sept 6- Oct 30 15/ \$225
- T, Th Oct 3- Nov 30 18/ \$270

### Osteofit II

2:00 pm- 3:00 pm

- M, W Nov 1- Dec 20 15/ \$225

