

CLINICAL OSTEOFIT



Shelbourne
PHYSICAL THERAPY
Gordon Head Rec Centre



Shelbourne Physiotherapy is offering a Clinical Osteofit class that is run by an Osteofit Certified Kinesiologist. Clinical Osteofit 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.

OSTEOFIT PROGRAM

The program consists of small group-led classes focusing on exercise for osteoporosis treatment. Our Kinesiologists utilize recommendations and knowledge of exercise prescription from our Physiotherapists to create a safe environment

CLINICAL OSTEOFIT I AND OSTEOFIT II

- Osteofit I has a focus on beginner or entry level movement ability
- Osteofit II is tailored to more advanced participants

*courses are offered based on demand

WHAT WILL A CLASS LOOK LIKE?

Both programs will incorporate:

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

FALL 2018 CLASS SCHEDULE

OSTEOFIT I SESSION 1:
September 6 - October 29
Monday & Thursday
3:00 - 4:00 pm

OSTEOFIT I SESSION 2:
November 1 - December 20
Monday & Thursday
3:00 - 4:00 pm

classes run in 2 month sessions

