Physiotherapy for Bone Health: Our Role in the Prevention and Management of Osteoporosis

1st May 2015

Organized by
Women’s Health Specialty Group, HKPA Limited

Instructor Meena Sran PT, PhD

Date / Time 1st May 2015 (Friday)
Time 8:30 - 16:30

Venue Room 901, 9/F, Rightful Centre, 12, Tak Hing Street, Jordan
HKPA premises

Course Fee HK$1150 for WHSG members
HK$1200 for HKPA members
HK$1600 for non-HKPA members
Course fee for successful registration is non-refundable

Capacity 20

CPD pending

Registration Send application form with:
a crossed cheque payable to “Hong Kong Physiotherapy Association Limited” with name of this course, name of applicant and contact telephone number on the back to:

Miss Ginny Choi
1/F, Physiotherapy Department,
Tseung Kwan O Hospital,
No 2, Po Ning Lane, Hang Hau,
Tseung Kwan O

Deadline of Registration: 15th March 2015
Unsuccessful applicants will be notified via email

Enquiry Miss Yuki Wong / Miss Ginny Choi
Telephone: 7328 6558 / 7328 6626
E-mail address: wongsyly@ha.org.hk
cwwz0j@ha.org.hk
Module Content

The aim of this course is to share state-of-the-art advances in bone physiology and show how these findings can be incorporated into physiotherapy practice.

This course will address key issues related to the role of the physiotherapist in bone health, with specific focus on our role in the prevention and management of osteoporosis. It will cover recent research on the effects of mechanical loading on bone, bone measurement in the clinic and in research, the safety of manual therapy in the osteoporotic spine, and comprehensive management of patients with or at high risk of osteoporosis, with specific emphasis on the role of the physiotherapist. The workshop content is relevant to physiotherapists in all areas of practice.

Course Objectives

Physiotherapists who attend this course will learn about:

- What a diagnosis of osteoporosis or low bone density means for the patient
- Methods of bone measurement used in clinical practice and research
- Measurement and clinical implications of bone quality and strength
- The latest research in mechanical loading/exercise and its effects on bone adaptation
- Prevention of osteoporosis
- Comprehensive management (with an emphasis on the role of rehabilitation professionals in lifestyle modification, exercise prescription, and falls prevention)
- Hip Protectors: rationale and research
- Exercise prescription for bone health through the use of case studies
- Management of acute and chronic vertebral fractures
- Management of back pain in individuals with osteoporosis

Course Outline

8:30-9:00am  Registration and Welcome
9:00-10:30am  Part I. Background, Physiological Determinants, Bone Measurement
10:30-10:45am Break
10:45-12:00pm Part II. Effects of Exercise on Bone
12:00-12:30pm Lunch
12:30-2:30pm Part III. Prevention & Comprehensive Management
2:30-2:45pm Break
2:45-3:30pm Part IV. Back pain in OP and Vertebral Fracture Management
3:30-4:00pm Part V. Case Studies
4:00-4:30pm Part VI. Open Forum
KEYNOTE SPEAKER

Meena Sran BSc (PT), MPhty, PhD

Meena completed her Bachelor of Science in Physical Therapy at UBC in 1995 and a Master of Physiotherapy Studies degree (Musculoskeletal/Manipulative Physiotherapy) at the University of Queensland, Australia in 1998. She then went on to complete a PhD in the area of physiotherapy, bone health, osteoporosis and fracture prevention at UBC (2005) followed by 3 years of postdoctoral training in fall and injury prevention at Simon Fraser University.

Meena has 19 years of experience working as a physiotherapist in private and public practice settings. She was the physiotherapist in the Osteoporosis Program at the BC Women’s Health Centre for more than 11 years, as well working in a private clinical practice. Meena has a special interest in the spine and vertebral fractures. Meena also has experience working in residential care, community home care, and in creating personalized gym programs for older adults or individuals wanting an exercise program aimed at improving bone health and preventing falls and fractures. She is also the first author of the last 2 editions of the Osteofit Instructor Training Manual, in addition to numerous peer-reviewed journal articles.

Meena has presented post graduate courses on bone health and osteoporosis for physiotherapists in many parts of Canada, as well as England, the United States, Ireland, South Africa and New Zealand. In addition to research, clinical and teaching activities, Meena is the Vice-President of the International Organization of Physical Therapists in Women’s Health and a past-president of the Physiotherapy Association of BC.

Currently Meena works in private practice and residential care in Victoria, in addition to consulting and management roles.
Application Form
Physiotherapy for Bone Health: Our Role in the Prevention and Management of Osteoporosis
1st May 2015

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* All individual cheque should be payable to "Hong Kong Physiotherapy Association Limited".
* Please write the following items at the back of the cheque: (i) name of applicant, (ii) name of activity, (iii) HKPA membership no. (if applicable) and (iv) contact phone no.

Please send the application form together with Legal Claim Waiver Consent and the cheque payable to “Hong Kong Physiotherapy Association” to Ms. Ginny Choi 1/F, Physiotherapy Department, Main Block, Tseung Kwan O Hospital, No 2, Po Ning Lane, Hang Hau, Tseung Kwan O

**Special Weather Arrangement:**
When Typhoon Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes & examinations have not yet started
If Typhoon Signal No.8 and/or Black Rainstorm Signal are in force 2 hours before the course, the course will be cancelled.

For classes & examinations that have already started
When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.

Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.

**Legal Claim Waiver Consent**

In consideration of HKPA Ltd. accepting my registration to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature: ________________________
Name of Registrant: ________________________
Date: ________________________

*Please sign the above consent before submitting your registration