Build a Bone

OSHER 189-002

Dates: Mondays, 4/8/13 – 4/29/13
Times: 1:30 PM – 3:30 PM
Location: University of Utah Orthopaedic Center, Eccles Conference Room, 590 Wakara Way, SLC
Instructor: Patty Trela PT, DPT, CMPT

Course Overview

Osteoporosis is a major public health threat for an estimated 44 million Americans, or 55 percent of the people 50 years of age and older. In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.

Intended Audience
This continuing education class is designed for women and men who have an interest in osteoporosis and bone health across the lifespan.

Overall Objectives
In spite of the availability of effective prevention, diagnostic, and treatment options for osteoporosis, research indicates that osteoporosis is significantly underdiagnosed and undertreated in the general population.

Build a Bone offers the individual the opportunity to:

- Recognize recent developments related to research and clinical practice of osteoporosis
- Consider new ways of exercising which will have a positive impact on your bones.
- Utilize new strategies, based upon evidence-based medicine, to prevent and treat osteoporosis
- Learn exercises that minimize risk of falls and fractures