



Exercise for improving balance and bone mineral density: A workshop on assessment and exercise principles Friday 14th June 2013

Why is balance training and exercise to improve Bone Mineral Density (BMD) so important?

- 25% of people in their 60's & 40% of people in their 70's suffer at least one fall each year.¹
- Targeted exercise can reduce a person's chance of falling by 40%.²
- 1 in 2 women and 1 in 4 men aged over 60 will suffer an osteoporotic fracture in their life-time.³
- The annual incidence of osteoporotic fractures in women is greater than the combined incidence of heart attack, stroke and breast cancer.⁴

Why should I attend this course?

This course will provide you with the skills and tools required to effectively identify people at risk of falls and prescribe targeted and effective exercise to reduce this risk and have a positive impact on their BMD.

We will provide you with:

- An update on the research evidence.
- Education and training in use of key falls risk screening assessments.
- Assessment forms that you can use in your practice.
- Exercise and information handouts for patients.

Venue

Monash University, Level 5 Lecture Theatre,
The Alfred Centre, 'B' Lobby (via Centre Lane)
99 Commercial Road, Melbourne Victoria 3004

Workshop date and time

Friday 14th June, 2013
9:00am - 4:30pm (registration opens at 8.30am)

Cost

\$450 per person (incl. of GST)
Early bird registration: \$385 pp (incl. of GST) until 30th April

Go to <http://ecommerce.med.monash.edu.au/product.asp?pid=363&cid=2> for payment options

Further details can be found at:

<http://www.med.monash.edu.au/sphpm/creps/seminars.html>

Enquiries

T: 03 9903 0389 or E: Falls6pack.depm@monash.edu

1. Nitz JC et al. Falling is not just for older women: support for pre-emptive prevention intervention before 60. CLIMACTERIC 2008;11:461-466.
2. Sherrington C et al. Effective exercise for the prevention of falls: a systematic review and meta-analysis. J Am Geriatr Soc 2008; 56(12): 2234-2243.
3. Australian Institute of Health and Welfare. A picture of osteoporosis in Australia. Arthritis series Number 6. Canberra, 2008.
4. Riggs BL et al. The worldwide problem of osteoporosis: insights afforded by epidemiology. Bone 1995;17(5 Suppl):505S-11S.



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Facilitators



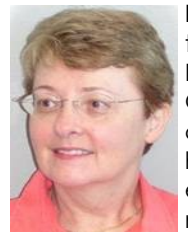
Doctor Anna Barker is the leader of the falls and bone health team in the health services evaluation unit, Monash University. She is an experienced falls prevention researcher and continues to work as a physiotherapist. She has led falls projects in community, residential aged care and hospital settings. She is currently leading the world's largest falls prevention trial.

Anna has developed a strong interest in the management of older people having completed a Masters in Geriatrics and a PhD on falls.



Professor Nancy Low Choy is the Professor of Physiotherapy in Aged and Neurological Rehabilitation at the Australian Catholic University (ACU) and The Prince Charles Hospital (TPCH) in Brisbane. Professor Low Choy has responsibilities for leadership in clinical research with older adults, fracture fallers, and those with vestibular and neurological disorders. Nancy is currently

leading the development of post-graduate curriculum in aged and neurological rehabilitation at ACU and established the Vestibular, Balance and Mobility Research Clinics within the ACU Health Clinic and at TPCH.



Doctor Jenny Nitz leads the ageing teaching, clinical and research team in the Division of Physiotherapy at The University of Queensland. Her main focus of research is in community and residential aged care where her particular areas of interest include the effect of ageing on balance and functional mobility, prevention of falls and the impact of physiotherapy interventions and

preventive programs on age related conditions in adults.



Professor Hylton Menz is a podiatrist. He completed his PhD focusing on gait patterns, balance and falls at the University of NSW in 2002. He is currently a National Health and Medical Research Council of Australia Fellow, and Leader of the Lower Extremity and Gait Studies Program at La Trobe University. Hylton's broad research disciplines are human movement,

rehabilitation and rheumatology, with a particular focus on musculoskeletal foot problems in older people.



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Program and payment details

8:30	REGISTRATION		
9:00-9:15	Dr Anna Barker	Monash University	Introduction and an update on the problem of falls
9:15-10:00	Professor Nancy Low Choy	Australian Catholic University	What is balance and how do we measure it?
10:00-10:45	Dr Anna Barker	Monash University	Principles of exercise for improving balance
10:45-11:15	Morning tea (30 minutes)		
11:15-12:00	Professor Hylton Menz	La Trobe University	A multifaceted foot and ankle intervention to prevent falls
12:00-12:45	Dr Jenny Nitz	The University of QLD	Exercise for improving BMD and principles for exercise prescription: An evidence update
12:45-13:30	Lunch provided (30 minutes)		
Workshops (1 hour for each breakout workshop)			
13:30-15:30	Professor Nancy Low Choy	Workshop 1	Assessing balance and BMD
	Dr Anna Barker and Dr Jenny Nitz	Workshop 2	Exercises for balance and BMD
15:30-16:30	Panel discussion		
16:30	CLOSE		

COST:

\$385 per person (including GST)	Early bird registration (closes 30th April 2013)
\$450 per person (including GST)	Individual registration

PAYMENT METHOD:

Credit Card	Go to http://ecommerce.med.monash.edu.au/product.asp?pID=363&cID=2
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NOTE: The registration process is complete once payment has been received and a registration confirmation email has been sent to you.

Terms and conditions:

Refunds will not be given if inability to attend is advised the day prior to the workshop. Requests for refunds at any other time will be considered on an individual basis. Please note, a colleague is always welcome to attend in your place.

Enquiries

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