

Keep it moving: osteoporosis, osteoarthritis and exercise

By Kim Bennell

Keep it moving: osteoporosis, osteoarthritis and exercise is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to design programs for clients with osteoporosis or osteoarthritis. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Keep it moving: osteoporosis, osteoarthritis and exercise explores:

- What osteoporosis and osteoarthritis are and how they occur
- Identification and assessment of osteoporosis
- Exercise prescription for maximising bone health
- Neuromuscular versus isolated strengthening for osteoarthritis of the knee and hip
- Effects of exercise on osteoarthritis and quality of life.

Upon successful completion, course participants will:

- Understand what characterises osteoporosis and osteoarthritis
- Prescribe exercise that will improve bone strength
- Know how to assess osteoporotic clients and deliver suitable exercise programs
- Prescribe land-based exercise for osteoarthritis of the hip and knee.

Course Creator Bio

Kim Bennell, PhD

Kim is professor and director of the multidisciplinary Centre for Health, Exercise and Sports Medicine at the University of Melbourne. Her research focuses on conservative non-drug management of musculoskeletal conditions, particularly osteoarthritis. Kim has been awarded a Future Fellowship from the Australian Research Council and together with physiotherapy researches at the University of Queensland, was awarded an NHMRC program grant focusing on musculoskeletal conditions.