Outline: Level 1

Day 1	
7:00 - 8:00 am	**Registration**
8:00 - 10:00 am	**Laying the Foundation** PowerPoint Presentation with exercise and movement interspersed throughout the morning. Instruction in Perch Posture, Standing Exercises, Compensatory and Pain Avoidance Movement Pattern Recognition, My Experience in Geriatrics/Osteoporosis. Research related to management program. OSTEOPOROSIS - The Current Epidemic - Epidemiology. Overview and Results, Definitions of Osteoporosis/Osteopenia; Triangle of Management; Bone density scans and how to read them; Bone Quality Framework; Presentation of FRAX.
10:00 - 10:15 am	**Break**
10:15 - Noon	**Continuation of Laying the Foundation**
Noon - 1:00 pm	**Lunch**
1:00 - 2:00 pm	**Gait Training, Postural Correction, Balance Testing and Exercises, Introduction of Habitual and Non-Habitual Movement Patterns** Discussions of Walking Poles, Shoes, Walkers and other Assistive Devices
2:00 - 3:00 pm	**Second PowerPoint Presentation** Meeks Method, Protocol for Treatment, and Case reports.
3:00 - 3:15 pm	**Break**
3:15 - 5:00 pm	**Site-Specific Exercise Program** Demonstration of positioning and first 4 exercises. Guidelines for severely involved and frail patients; Practice of positioning and instruction in first 4 exercises in groups of 2. Presentation and practice of the site-specific exercises -- individuals exercise independently.

Day 2	
8:00 - 9:30 am	**PATIENT PRE-ASSESSMENT AND ASSESSMENT**
9:30 - 10:00 am	**Continuation of Site-Specific Exercise Program Stabilization Exercises**
10:00 - 10:15 am	**Break**
10:15 - Noon	**Continuation of Site-Specific Exercise Program;**

	Strengthening/Balancing with Foam Rollers Demonstrations of Site-Specific Exercises
Noon - 1:00 pm	**Lunch**
1:00 - 3:00 pm	**Treatment Guidelines** Management of compression fractures acute through chronic care; Discussion on Re-Imbursement; Activities of Daily Living; Modalities and Special Treatments
3:00 - 3:15 pm	**Break**
3:15 - 4:45 pm	**Effects of Treatment/Identified Patterns of Postural Change. Guidelines "Above and Beyond" The P.T. Clinic** Pain, Muscle Spasm, "Non-Compliant" Patients Presentation of Patterns of Postural Change Exercise and Fitness Guidelines
4:45 - 5:00 pm	**Evaluation Time and Presentation of Certificates**