

Exercise and Exercise Progression *for the Elderly*



Atlantic is pleased to offer a series of workshops. These workshops will assist therapists and therapy assistants gain appropriate knowledge and skills to perform their roles effectively and assist in meeting expected outcomes for accreditation standards.

This workshop is open to any allied health assistant currently working in aged care. If an OT or PT wishes to enrol they are welcome to.

This workshop will help you:

- Understand the concepts of range of motion, stretching, cardiovascular and strengthening exercise.
- Introduce the process of exercise prescription, the intervention model of treatment goals and stages of control.
- Relate these concepts to treatment and treatment progression:
 - * Post common fractures in the elderly
 - * Management of osteoporosis and falls prevention
 - * Maintaining wellbeing and function in the elderly



Presenter: Gaye Parkin-Rendtorff (Physiotherapist)

Date: Friday, 22nd September 2017

Time: 8.30am—12.00pm

Venue: The Boulevard Centre, Cambridge Library Building, 99 The Boulevard (Lower Level), Floreat 6014

Early Bird Price: \$115.00 (GST incl.)

For registrations received by 7th August 2017

Cost: \$125.00(GST incl.)

Morning tea provided. Parking voucher supplied on the day. Certificates of Attendance to be emailed after the workshop.

REGISTRATION FORM - Exercise and Exercise Progression for the Elderly

Qualification (*please circle*): **OT** **PT** **TA** **RN** **EN** **Carer** **Other:**

Name: _____

Address: _____

Contact Number: _____

Email: _____

Workplace: _____

Dietary requirements: _____

PAYMENT OPTION (*please tick*)

Cash/Cheque posting on : / / 2017
made out to Atlantic Healthcare Training

EFT date: / / 2017
National Australia Bank
BSB: 086461 Acc: 492126805
Ubiquitous Holdings Pty Ltd
Reference: (your name)

Invoice to:

****5 working days notice to be given if you cannot attend.
No refunds for non attendance without notice.**

Fax your application to (08) 9388 3578 or email to training@atlantichealth.com.au

