



MCH Osteoporosis Education Program – Virtual

Virtual Osteoporosis classes are available through the Misericordia Physiotherapy Department. This class provides an opportunity for participants to gain a better understanding of Osteoporosis, learn information to help prevent fractures, improve posture and strength. Participants will receive practical information, exercise advice, as well as information on safe daily activities, nutrition and medications.

Specific course content includes:

- Osteoporosis and its effect on the body
- Back care:
 - How to safely carry out everyday tasks
 - Types of lifts and correct lifting techniques
- Fall prevention and home safety recommendations
- Fitness guidelines, including aerobic and strengthening exercises
 - How to start and progress a walking program
 - Balance activities
 - Tips on how to exercise safely
 - How to start and progress a strengthening program
- Proper nutrition to support bone health
- Medications for Osteoporosis and their effects

Practical sessions cover:

- Correct posture
- Lifting techniques
- Gentle spinal decompression exercises
- Flexibility exercises
- Activities to improve balance
- Upper and lower body strengthening

The program includes 90-minute classes for five to seven weeks depending on availability of guest speakers. Classes consist of educational lectures and practical exercise demonstrations by a Physical Therapist. Participants have time during class to practice and receive feedback.

Sessions may include a Registered Dietician and Pharmacist.

Program and class information can be found on our Covenant Health [program webpage](#). An extensive class manual is also available on the website.

Referral Criteria

- Potential registrants must
 - Be a resident of Alberta
 - Have a diagnosed Osteoporotic condition (confirmed by a bone density test; FRAX; other) indicated on a physician's prescription or available in NetCare.
 - Have available technology to join the class via Zoom

Registration Information

- Referrals can be sent by fax to 780-735-2621, through Connect Care, or can be phoned in to 780-735-2757.
- Patients may self refer, with confirmation of osteoporosis diagnosis available in NetCare, or with a submitted copy of a bone mineral density test.

If you have questions, please contact the MCH Physiotherapy Department at 780-735-2757.