


Barbells4  
Bones







Barbells4Bones is a unique exercise class designed to help women increase their strength, fitness, and overall health in a fun group environment, while also performing exercises shown to help manage and improve bone density as part of your osteoporosis plan.

## ABOUT US

CONNECT is a multi-disciplinary physiotherapy and rehabilitation clinic located in Owen Sound. We specialize in helping individuals build and maintain the active lifestyle they love throughout their lifespan. Our team of therapists work 1-on-1 with clients and run specialty classes in their area of interest to help each person reach their long term health goals.

Learn more about our team, our classes, and our vision for healthcare through our website: [www.connectrehab.com](http://www.connectrehab.com).

## CONTACT US

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-  [www.connectrehab.com/barbells4bones](http://www.connectrehab.com/barbells4bones)
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## WHY BARBELLS4BONES

Barbells4Bones was created as a way to address the gaps in the management of osteoporosis for women. Participants can expect to work hard, get sweaty, and experience many benefits associated with resistance training including reduced pain, improved energy, and improved function in everyday tasks.

## INSURANCE COVERAGE

Barbells4Bones is a privately-funded program that is **not** covered under OHIP insurance. It is, however, eligible for coverage under your private physiotherapy insurance in cases where it is an appropriate part of your treatment plan. An initial assessment with a physiotherapist is required to determine eligibility. Please note that an assessment does not guarantee coverage, and you **can** participate without physiotherapy coverage if you choose.

# Barbells4Bones Referral

Patient to contact CONNECT for booking

Current Orthopaedic Concerns:

(Ex. back pain, knee pain, hip osteoarthritis)

Diagnosis

- Osteoporosis
- Osteopenia
- Early Management/No Current Bone Scan
- Pre-Operative Strengthening

Attachments

- Most Recent BMD
- Medical Profile

Signature/Stamp: