



The Back Pain Course

Day 1: (Saturday: 1 pm to 5:30 pm)

1:00 – 2:15	Introduction/Overview <ul style="list-style-type: none">- The science of pain; putting research into action- Ways to ensure your patient is 100% engaged in their management- Anatomy overview: nerve connections influencing stability muscles
2:15 - 2:45	Demonstration of 15 min neural tests to identify CSp/ThSp feeds to LBP Review of ULTT and LLTT
2:45 - 3:45	Practical
3:45 – 4:00	Break
4:15 – 5:30	Practical Identifying postural type, hyper/hypomobility and influence on specific exercise programming 5 essential muscle tests and 5 key stability tests; 1. Single leg heel raise/lateral shift 2. Perturbation 3. Balance 4. Eyes/cspine 5 aSLR

Day 2: (Sunday: 10 am to 5 pm)

10:00 - 10:30	RTUS Demonstration PF/TA
10:30 – 11:30	Practical Introduction to using RTUS to access PF/TA; (or RTUS for hip stabilisers QF/Glut med if you are currently using RTUS for PF/TA)
11:30 - 1:30	Downtraining phasic muscles; erector spinae; hip flexors, adductors, hamstrings Stability and strengthening exercise progressions; supine, prone, directional bias
1:30 - 2:15	Break
2:15 – 3:15	A dynamic approach to correct an acute locking of the back correlating with an unstable lumbar segment When is taping or a corset appropriate? Contraindications for this approach
3:15 – 4:15	Practical Functional exercise progressions using basic gym equipment; includes gluteal and hip strengthening
4:15 – 5:00	Summary and discussion/case histories/setting up a patient's program