

## The Locked Back Course

*Presented by Francine St George*

**A dynamic approach for the treatment of both an acute and chronic locked back.**

The goal with an acute episode of LBP is to allow your patient to move from Day 1. An understanding of the local pathomechanics and neural supply of stability muscles can achieve this outcome. For chronic low back pain, engaging TA/PF and multifidus to strengthen the local segment, downtraining the overactive phasic muscles is also required. Neural testing can be used to identify if the problem is local, or has a distal driver. Using pain science for the treatment and management of both acute and chronic back pain is essential to achieve the optimum outcome.



# Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com  
Sydney: Australia

## Day 1: Management of Acute LBP and Neural Testing

*(Saturday: 1pm to 6pm)*

1:00 - 1:30	Introduction / Case Histories
1:30 - 2:30	Anatomy / Pathomechanics of an unstable segment Research overview: Stability and phasic Muscles
2:30 – 3:15	<b>Practical:</b> 5 exercises for an acute locked back, activate TA/PF, Postural Sway & Relax and Stretch Phasic muscles
3:15 – 3:45	5 Strategies for chronic LBP: Multifidus recruitment
3:45–4:15	Break
4:15–5:00	Using Neural Tests to identify PCF and SCF
5:00–6:00	<b>Practical Neural Testing:</b> ULTT and LLTT

## Day 2: Refining Assessment: RTUS, Hip & Exercise Progressions

*(Sunday: 9:30am to 5pm).*

09:30 – 10:30	<b>Demonstration:</b> RTUS Assessment of TA/PF
10:30 – 12:00	<b>Practical:</b> RTUS TA/PF (QF)
12:00 - 12:15	Break
12:15–1:30	Supine stability progressions & downtraining hip flexors & adductors Prone stability: Segmental multifidus recruitment & directional bias
1:30 - 2:15	Break
2:15 - 3.30	Exercise progressions for hip: QF/Glut min/med
3:30–4.15pm	<b>Practical:</b> Exercise Progressions with beam, band, and fit ball
4:15 - 5:00	<b>Summary &amp; Overview:</b>

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