

The Locked Back Course

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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. In this course you will also be introduced to Neuro Athletics, and learn how to integrate fun cognitive training into all your functional exercise programming.

Management of Acute LBP, Neural Testing and hip and lumbar stability exercise progressions

(Saturday: 1pm to 6pm)

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| 1:00–1.45pm | Anatomy / Pathomechanics of an unstable segment
Stability and phasic Muscles
The importance of RCPM and balance
5 exercises for an acute locked back |
| 1:45–2:45 | Practical: Activate TA/PF, Postural Sway, Relax & Stretch Phasic Muscles & Squats
Introducing fun cognitive exercises - to improve balance, stability and encourage functional pain free movement. |
| 2:45–4:00 | Practical: Using Neural Tests to identify Pain drivers |
| 4:00–4:15 | Break |
| 4:15–6:00 | Practical: Multifidus recruitment progressions
Hip stability exercise progressions |

