

# Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com  
Sydney: Australia

## Stability and Strengthening for the cervical, thoracic, and lumbar spine.

*Presenter: Francine St George*

This Course is suitable for any practitioner keen to broaden their exercise repertoire. You will not only learn how to use the latest research on stability for the cervical and lumbar spine but will be introduced to the concepts of neuroathletics and neurofitness. This Neuro training incorporates fun cognitive tests with balance, stability, and functional exercises and can be used for all ages and levels of fitness. This allows client to identify any left, right sided weaknesses, monitor their progress, ensures excellent exercise compliance and the client will be keen to let you know when they are ready to progress.

### **Day 1: Using neural testing to identify drivers of pain, overall flexibility, and postural bias.**

*(Saturday: 1 pm to 6 pm)*

#### **Cervical spine**

1:00 - 1:45	Understanding anatomical and neural connections of upper cervical spine and influence on stability muscles prior to commencing exercise programming
1:45 - 2:30	Using ULLT and LLTT to identify what is hyper or hypomobile and key drivers.  Eliminate neural feeds: PCF/SCF (primary and secondary contributing factors)
2:30 – 3:30	Practical
3:30 - 3:45	Break
3:45 - 4:45	<b>Cervical spine</b> exercise programming Downtraining phasic muscles: Using eye stabilisation reflexes to activate upper cervical spine extensors. Prone extensor and four point kneel progressions.
4:45 – 6pm	<b>Practical:</b> Using cognitive tests to recruit cervical stability muscles

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## Day 2: Lumbar spine, hip and lower limb stability

### Exercise Progressions:

(Sunday: 9.30 am to 5 pm)

9:30 – 11:00	Overview of anatomical interconnections from cervical and thoracic spine that influence 'core'.  Using flutter, perturbation and beam for stability PF/TA/Multifidus segmental recruitment and progressions  Validated stability tests: aSLR and Single leg stand  Prone segmental multifidus recruitment and progression
11:00 – 11.30	Relaxing hip flexors, adductors, and hamstrings prior to doing stability exercises.
11.30 – 12.30	Exercise and dynamic approach for the management of an acute locked back: Assisted squats etc  Why and when not to do extension.
12:30 – 1:30	Supine/prone progressions; using beam
1:30 – 2:00	Break
2:00 – 3:30	Hip: recruiting QF, glute med and glute max
3:30 – 3:45	Break
3:45 – 4:30	Practical: Using Neurofitness exercises for functional progressions  Using band for resistance: squats and step throughs with resistance.
4:30 – 5:00	Summary, overview and questions

**All courses are held at The Physiotherapy Posture Fitness Clinic, Sydney,  
Wales Medical Centre, Level 4, 66 High Street, Randwick NSW 2031**

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