

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. 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.



Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com
Sydney: Australia

Day 1: Management of Acute LBP and Neural Testing

(Saturday: 1pm to 6pm)

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| 1:00 - 1:30 | Introduction / Case Histories |
| 1:30 - 2:30 | Anatomy / Pathomechanics of an unstable segment Stability and phasic Muscles Demonstration: 5 exercises for an acute locked back |
| 2:30–3:45 | 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. |
| 3:45–4:15 | Break |
| 4:15–5:00 | Using Neural Tests to identify PCF and SCF |
| 5:00–6:00 | Practical Neural Testing: ULTT and LLTT |

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

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

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| 09:30 – 10:30 | Demonstration: RTUS Assessment of TA/PF |
| 10:30 – 12:00 | Practical: RTUS TA/PF (QF) |
| 12:00 - 12:15 | Break |
| 12:15–1:30 | Supine stability progressions & down training hip flexors & adductors Prone Stability: segmental multifidus recruitment and directional bias |
| 1:30 - 2:15 | Break |
| 2:15 - 3.30 | Practical: Exercise Progressions with beam, band, and fit ball and how to include functional movement |
| 3:30–4.30pm | Refining hip stability progressions: QF/Glut min/med |
| 4:15 - 5:00 | Summary & Overview: |

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