

Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com
Sydney: Australia

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

Presenter: Francine St George

This 1:5 day Course is suitable for any practitioner keen to broaden and refine their exercise repertoire. You will not only learn how to use the latest research on stability for the cervical and lumbar spine but will also clarify neural testing to identify the driver of pain. Integrating the concepts of neuroathletics and neurofitness will also be covered. This Neuro training incorporates fun cognitive tests with balance, stability and functional exercises, and can be used for all ages and levels of fitness. These tests allow the client and therapist to very easily identify any left/right -sided weaknesses, monitor their progress and ensures excellent exercise compliance. The client will let you know where they are up to in their program and will be keen to progress.

Day 1:

Using neural testing to identify drivers of pain, overall flexibility, postural bias and Cervical Spine Exercises & Neurofitness skills

1:00 – 2:00pm	Understanding anatomical and neural connections of upper cervical spine and this influence on balance, cervical spine strength and core stability muscles
2:00 – 3:45pm	Recruitment of cervical spine stability muscles 5 Key balance and cognitive tests using Neurofitness skills to activate and pre-set COR and VOR reflex plus 5 progressions.
3:45 – 4:15pm	Break
4:15 – 6:00pm	Cervical spine deep muscle flexor and extensor recruitment, stability and basic strengthening progressions Downtraining phasic muscles Strengthening progressions using gym ball & bands

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Day 2:

Lumbar spine and hip stability

Exercise Progressions:

9:30 – 10:15am	<p>Demonstration: How to use ULLT and LLTT to identify hyper or hypomobility and the key drivers of pain prior to commencing any exercise program.</p> <p>Eliminate neural feeds: PCF/SCF (<i>primary and secondary contributing factors</i>)</p>
10:15 – 12:30pm	Practical Neural Testing to identify pain drivers.
12:30 – 1:00pm	Overview of anatomical interconnections TA/PF and multifidus
1:00 – 1:45pm	Break
1:45 – 3:00pm	<p>Practical: Using flutter, perturbation and beam for stability PF/TA/Multifidus segmental recruitment and progressions Validated stability tests: aSLR and Single leg stand</p> <p>Multifidus and stability progressions.</p> <p>Downtraining hip flexors, adductors, and hamstrings prior to doing stability exercises</p>
3:00 – 4:30pm	The Locked Back: 5 Key Exercises to ensure a dynamic approach for the management of a locked back. Why and when not to do extension/
4:30 – 5:00pm	Summary, Overview and Questions