

## Back Rehabilitation

### **CPD training 16 hours**

**The Lower Back** - A very practical hands on workshop which covers the theory but more importantly, the practical application of "Back Rehabilitation" protocols, used for both acute and chronic back pain. Participants will learn the techniques for getting patients back to an active life or return to sports and competition, how to progress patients through the Five Phases of Rehabilitation - from Pain management and Motion Retraining to Neuro-motor development and Sport specific preparation. Participants will learn how to structure a physical therapy and rehabilitation programme to progress patients from "pain management" back to full fitness or sport participation and will receive an extensive course handout.

### **Following the course Participants will be able to:**

- Understand the principles behind the Five Phases of Back Rehabilitation and neuromuscular retraining.
- Understand, experience and be able to demonstrate the variety of exercise techniques in *The Sport Dimensions Back Rehabilitation Protocol*.
- Know how to structure and progress an individual Rehabilitation Programme, including training programmes for recreational and elite athletes.

### **Who are the courses suitable for?**

The *Sport Dimensions Workshops* are suitable for sports, exercise and medical professionals including:

- Physiotherapists, Osteopaths, Chiropractors and other medical professionals
- Sports Therapists & rehabilitation professionals
- Personal Trainers and Fitness Instructors
- Exercise and Sports Scientists / Physiologists
- Occupational Health Workers

*Good knowledge and understanding of anatomy and physiology is strongly recommended for these courses.*

### **Why take these courses?**

- You will understand the concepts, theory and practical application of Back Rehabilitation.
- Learn how to simply and effectively assess your client's biomechanics, movement and core stability
- Design an individual prescriptive exercise programme based on your individual's assessment
- Learn how to progress individuals and athletes through to end stage rehabilitation, power and speed development

**Course Tutors:** Mike Antoniadis, Michael Nicol.

**Course Cost:** £225 per person including course manual.

**Course Location:** Sport Dimensions Performance & Rehabilitation Centre, Chiswick, London, W4 1TP