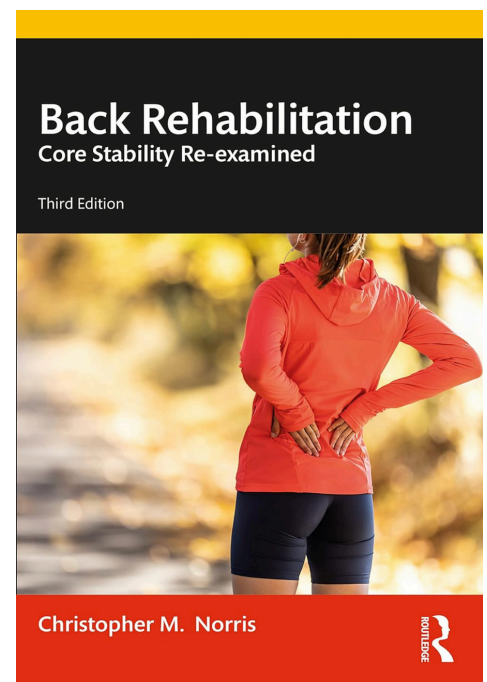


With
Dr
Christopher
Norris

Back Rehabilitation - The 3R's Approach

Duration: 2 day
CPD Hours: 13.5
Date: 26th-27th March 2025
Format: Online
Fee: £275



Dr Christopher Norris

Overview:

Based on Dr Chris Norris' book Complete Guide to Back Rehabilitation 3rd edition (Routledge, 2023) this 2 day course presents an evidence based program to safely and effectively manage low back injuries using exercise therapy. A balance of theory and practice is used to provide a state-of-the-art approach to modern rehab. Lectures, practical demonstrations, partner work, and small group problem solving are all used to provide a stimulating, easy to follow course.

Specific Topics will include:

- › Functional anatomy of the spine
- › Lumbo-pelvic mechanics
- › Mechanics of lifting
- › Biopsychosocial approach to Chronic Low Back Pain (CLBP)
- › Pain science – what is it and when is it relevant?
- › Posture evaluation an update
- › Core stability – where are we now?
- › Concepts in exercise therapy
- › Teaching techniques for clinical clients
- › Cueing (visual / tactile / auditory), adjustments,
- › Optimal tissue loading & rehab planning
- › Low back pain – not all in the tissues
- › Exercise progression – from injury onset to return to work.

Visit our Website to Book!

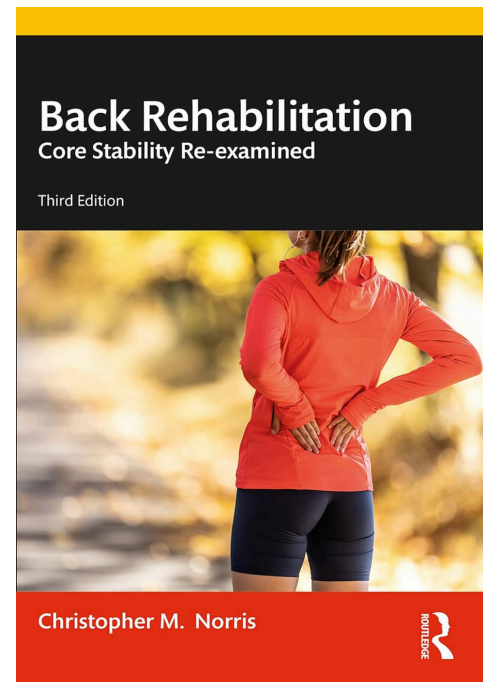


Training made easy

With
Dr
Christopher
Norris

Back Rehabilitation - The 3R's Approach

Duration: 2 day
CPD Hours: 13.5
Date: 19th-20th Nov 2024
Format: Online
Fee: £275



Suitable for therapists and exercise teachers of all types as well as students and recently qualified staff.

Programme

Day 1: 9.00 am - 4.00 pm (with 2 x 15 minute breaks & a 30 minute break for lunch)

Day 2: 9.00 am - 3.30 pm (with 2 x 15 minute breaks & no lunch)

Trainingmadeeasy.org



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