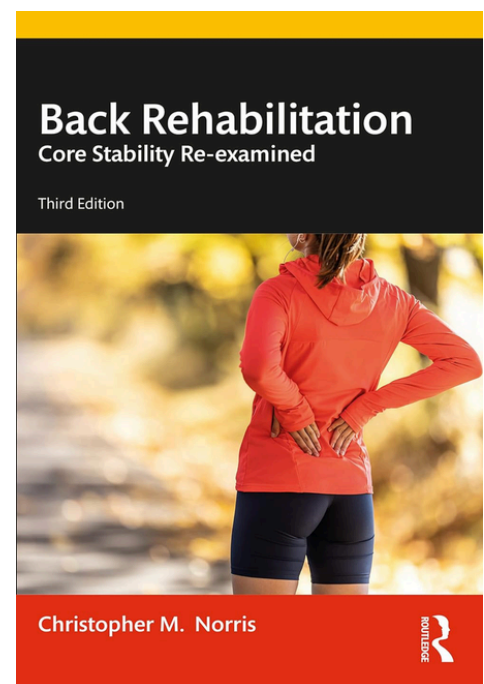


**With
Dr
Christopher
Norris**

Back Rehabilitation - The 3R's Approach

**Duration: 2 day
CPD Hours: 13.5
Format: Online
Fee: £275+VAT**

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.

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

Visit our website to book!



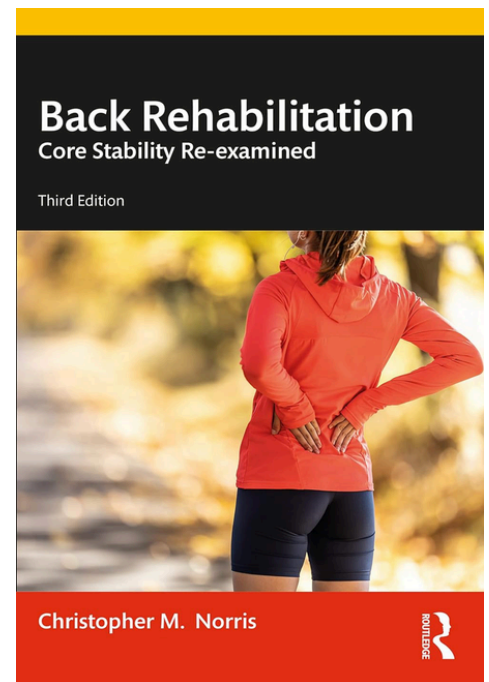
Training made easy

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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.



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)

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