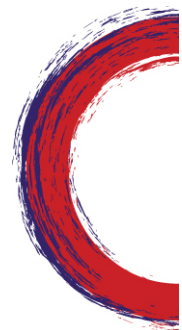


Course Outline

The Complete & Advanced Lumbar Spine & Pelvis



Day 1 Acute low back pain, radiculopathy, manual therapy & specific exercise

Friday 4th May 2018

<i>Time</i>	<i>Title</i>	<i>Presenter</i>
8.30am	Registration	
8:45	Introduction	
Overview		
9:00	1: Overview: Triage diagnosis, sub-classification systems, outcome measures, evidence based management of acute low back pain Format: Lecture	Presenter: Dr Trudy Rebbeck (TR)
9:45	2: Effective history taking in the lumbar spine Format: Interactive discussion	Presenter: TR
10:30	Morning tea	
Basic assessment and directional preference for acute low back pain		
11:00	3: Lumbar spine basic assessment: postural analysis, neurological, repeated and combined movements Format: Practical	Presenter: TR
12:30	4: Using directional preference to treat acute low back pain Format: Practical with interactive discussion of case study	Presenter: TR
1:00	Lunch	
Assessment of motor impairment in the lumbar spine		
1:45	5: Assessment of specific motor performance in the lumbar spine including motor control using clinical tests and video RTUS, and lumbar flexor and extensor endurance Format: Practical with interactive discussion of case studies	Presenter: TR/MR
Manual therapy and acute low back pain: assessment		
3:00	6: Manual therapy assessment 1: Palpation and PAIVM's of the lumbar spine Format: Practical	Presenter: Michael Ryan (MR)
3:45	Afternoon tea	
4:00	7: Manual therapy assessment 2: PPIVM's and MWM's of the lumbar spine Format: Practical	Presenter: MR
5:00	Close	



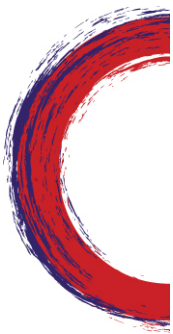
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Course Outline

The Complete & Advanced Lumbar Spine & Pelvis



Day 2 The Pelvis

Saturday 5th May 2018

<i>Time</i>	<i>Title</i>	<i>Presenter</i>
Contemporary perspectives on pelvic girdle pain		
9:00	8: Applications of contemporary biopsychosocial evidence in pelvic girdle pain: Part 1 – The subjective examination Format: Lecture	Presenter: Dr Darren Beales (DB)
9:45	9: Applications of contemporary biopsychosocial evidence in pelvic girdle pain: Part 2 – Structural examination Format: Lecture	Presenter: DB
10:30	Morning tea	
Differential diagnosis of pelvic girdle pain		
11:00	10: Applications of contemporary biopsychosocial evidence in pelvic girdle pain: Part 3 – Postural examination and management from a motor control Format: Practical	Presenter: DB
11:45	11: Applications of contemporary biopsychosocial evidence in pelvic girdle pain: Part 4 – Management paradigm Format: Interactive discussion	Presenter: DB
1:00	Lunch	
Live patient demonstration		
1:45	12: Live Patient Demonstration 1 Format: Observation with interactive discussion	Presenter: DB
3:15	Afternoon tea	
Exercise and chronic lumbopelvic pain		
3:45	13: Applications of contemporary biopsychosocial evidence in pelvic girdle pain: Part 5 – Functional motor control assessment and management for lumbopelvic pain. Format: Practical	Presenter: DB
4:30	Close	



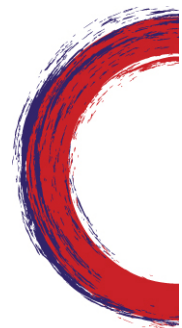
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Course Outline

The Complete & Advanced Lumbar Spine & Pelvis



Day 3 Chronic low back pain, exercise & 'putting it all together'

Sunday 6th May 2018

<i>Time</i>	<i>Title</i>	<i>Presenter</i>
Exercise and chronic low back pain		
9:00	14: Exercise for the chronic low back pain patient utilising principles of cognitive behavioural therapy Format: Lecture / interactive discussion using case studies	Presenter: MR
10:00	15: Assessment and progression of general exercise for low back pain Format: Practical using case studies	Presenter: MR
10:45	Morning tea	
Management of low back pain		
11:00	16: Management of the lumbar spine with manual therapy Format: Practical with interactive discussion of case studies. Radiculopathy and NSLP examples	Presenter: MR / DB
12:30	Lunch	
1:15	17: Live Patient Demonstration 2 Format: Observation with interactive discussion	Presenter: MR
2:45	Afternoon tea	
3:15	18: Putting it all together in the lumbar spine: Case studies demonstrating the incorporation of directional preference, manual therapy and exercise in the lumbar spine and pelvis. Format: Interactive discussion using case studies.	Presenters: MR / DB
4:30	Close	

NB All times and order are subject to change at the presenter's discretion



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