



Building the Ultimate Back: From Rehabilitation to Performance

27/28 March 2010

Presented by: Professor Stuart McGill, PhD

CPD AT THE AECC

COURSE OBJECTIVES

- To update delegates on the most recent developments in clinical biomechanics of the lumbar spine - specifically how it works and how it becomes injured.
- To provide guidance in the application of this knowledge to the clinic, workplace, rehabilitation centre, and sports field to reduce the risk of injury, optimize healing of the patient, and build ultimate back performance in the athlete.
- To give practice and technique development with workshops throughout the day.

COURSE DESIGNED FOR:

- Athletic Therapists
- Chiropractors
- Ergonomists
- Exercise Therapists
- Kinesiologists
- Nurses
- Occupational Therapists
- Physicians
- Physiotherapists
- Strength Coaches/Personal Trainers

And anyone who else involved or interested in the prevention and/or rehabilitation of lower back injuries

SEE OVERLEAF FOR FULL COURSE INFORMATION

11 CPD Hours

Registration: Saturday 09:15

Saturday: 09:30 - 17:30

Sunday: 09:00 - 13:00



Dr Stuart McGill Professor Stuart McGill has authored over 200 scientific publications that address the issues of lumbar function, low back injury mechanisms, investigation of tissue loading during rehabilitation programs and the formulation of work-related injury avoidance strategies. He is a consultant to many medical management groups, professional sports teams and athletes, governments, corporations and legal firms. He sits on the editorial boards of the journals SPINE, Clinical Biomechanics, and Journal of Applied Biomechanics. Dr. McGill has won numerous awards including the prestigious Volvo Bioengineering Award for Low Back Pain research from Sweden. Dr. McGill has authored two text books: "Low Back Disorders: Evidence based prevention and rehabilitation" published by Human Kinetics publishers, and "Ultimate Back Fitness and Performance" published by Backfitpro Inc. These books synthesize the material presented in this course and are recommended as resource material for interested participants.

Early Bird Tuition Fees

Early Bird discount applies if booking fee received by AECC on or before 27 February 2010.

Early Bird Fee Members GA/TAM Club £275

Early Bird Fee Non Members £295

Early Bird Fee Students £125

Tuition Fees after 27 February 2010

Members GA/TAM Club £350

Non Members £370

Students £175

Lunch (Saturday Only) and refreshments will be provided

For more information or directions to the AECC, please contact:

Miss Charlotte Bird, Anglo-European College of Chiropractic, 13 - 15 Parkwood Road, Bournemouth, BH5 2DF
Phone: 01202 436237 Fax: 01202 436262 Email: cbird@aecc.ac.uk Website: www.aecc.ac.uk



BOOKING FORM: BUILDING THE ULTIMATE BACK FROM REHABILITATION - 27/28 MARCH 2010

Name: _____

Address: _____

Postcode: _____

Phone: _____

Profession: _____

Dietary Requirements: _____

Email: _____

I wish to pay the tuition fees of..... by:

Cheque - payable to AECC Credit Card (please circle)

MASTERCARD VISA SWITCH MAESTRO

Card No: _____

Start date: ____ / ____ / ____ Expiry date: ____ / ____ / ____

Issue Number _____ 3 digit security no. _____

Building the Ultimate Back from Rehabilitation - Course Information

Brief Description of Topics:

Building the foundation: Dispel the myths about how the spine works and becomes injured. Anatomical, biomechanical and motor control perspectives are provided to setup the clinical approaches. Determine the variables that both cause and exacerbate back troubles, together with some characteristics that facilitate rehabilitation and performance training.

Interpreting patient/athlete presentation: Understand aberrant motion and motor patterns and possibilities for corrective exercise. Provocative tests and their mechanical basis provide guidance for optimal exercise design. Specific markers will predict who will progress. These must be addressed at the outset of a program to optimize success.

Reducing the Risk of Injury: No clinician can be successful without removing the cause of back troubles in patients. This section teaches delegates how to identify the causes and how to remove them. This approach to prevention goes beyond Ergonomics.

Rehabilitation Exercise: Biomechanics and Clinical Practices - Many exercises prescribed to low back patients have not been subjected to scientific examination. This component of the course attempts to quantify and rank exercises for their spine loading, muscle usage and stabilizing potential. Algorithms for choosing the best exercise approach for each individual are provided. Specific perturbed motion and motor patterns are shown together with some appropriate corrective exercise. Nuances of form and technique are discussed that either enhance or inhibit clinical objectives.

Training for performance: Training the back for performance (either athletic or occupational) requires different approaches and objectives than training to fulfil rehabilitation objectives. Some of the techniques developed in our work with world class athletes will be introduced and discussed within the context of valid mechanisms and evidence. These include the progressions from establishing motor control patterns with corrective exercises, through to stability, endurance, strength, power, speed and agility. The concept of Superstiffness and how world class athletes create performance beyond expectation will be explained

Booking Terms and Conditions

Course organisers reserve the right to make alterations to fees, arrangements and dates for teaching and learning sessions, including the decision to run all or parts of the course in the light of demand. In the event that the course is cancelled or re-scheduled by the course organiser, a full refund of fees will be given, but the college takes no responsibility for travel or accommodation expenses incurred by the delegate. Cancellations received in writing 10 days prior to the seminar will incur a 50% cancellation fee. Regrettably, it is not possible to offer refunds for cancellations or no shows received after this date.



INVESTOR IN PEOPLE