

BEN CORMACK (UK): Functional Therapeutic Movements | 16 FP



Der Altmeister der therapeutischen Leichtigkeit zaubert dieses Jahr erstmalig in der Schweiz! Zürich kann sich freuen auf Ben Cormack's Kurs „Functional Therapeutic Movement“.

Chronische Schmerzpatienten? Fehlende Compliance? Flair- Up? Ben hat eine entspannte Antwort darauf:

IT'S NOT ROCKET SURGERY!

Introduction, LBP strategies & lower limb.

This is NOT JUST another course telling you movement is important or showing you some new exercises but a course about PEOPLE who move and how to actually apply movement and exercise to them in an informed way.

You could describe it as clinical reasoning for exercise and rehab! It is NOT about the BEST exercise for back pain, a system or a protocol but instead what might work for YOUR patient.

Many therapists struggle taking modern academia around pain and movement and translate it into practical application. This course will outline how to simply apply both physical & cognitively driven components for a therapeutic approach based around HUMANS rather than simply their structures.

This course is applicable for anybody working with people with injury or pain. Physiotherapists, Sports therapists, Osteopaths, Chiropractors, S & C coaches, Personal trainers, Massage therapists.

The course in a nutshell

- Looking at the research – What does the research for exercise and movement for pain & rehab tell us? What should we look for and how to apply it in practice.
- Looking at people. – Key factors that determine the success of any treatment process ESPECIALLY involving exercise. Belief structure, self efficacy & predicted outcome.
- Looking at pain. – Can we view pain education in a more practical way? Does it really need to be about neuroscience? Thinking about when and why to apply it rather than just the information.
- Looking at exercise programming. – How important are getting sets reps etc right? Well it depends on the goal!
- Getting practical – An embracing application of different types of exercise for low back pain & lower limb. “There are no bad exercises, just bad application”
- Thinking about clinical reasoning – How can we bring it all together in a systematic way that is not a system.
- Looking at adherence. Why do people not engage and how can you improve that.

For the first time, in addition to the lower limb, we are also including a look at Lower Back Pain movement and exercise strategies based on the best current evidence AND the person in front of you!

This will cover:

- Key information for lower back pain
- What matters in low back pain? Overview of evidence of popular contributors to back pain
- Practical exercise strategies for lower back pain
- Overview of evidence for exercise for lower back pain
- Back pain case studies

[If you want to know a bit more here is some video content to check out!](#)

Learning objectives

- Learn modern theories of pain and movement, how they affect each other & what to do about it
- Appreciating impact of context, expectation and relevant goal setting
- Key factors to improving exercise adherence
- How to positively frame exercise and movement as a treatment strategy
- Clinical reasoning for therapeutic dosing parameters of exercise
- Practical tips for applying pain science information and education
- Create comprehensive rehab programs for lower limb and LBP progressing from a patients sensitive (early) to robust (late) stage
- How to Manipulate modern exercise variables such as loads, speed, ROM, position & duration to achieve lasting physiological and CNS adaptations.
- Learning how to correctly ,dose' or ,grade' movement according to the current state of your patients nervous system and then progressively load for increased resilience and confidence.
- Understanding the difference between a therapeutic movement approach and traditional gym or corrective exercises.
- A totally new approach to assessing, treating and rehabbing the lower limb and lower back with ready to use skills on Monday morning.
- and how your treatment approach interacts with it for enhanced outcomes.
- Learning the research, science & evidence behind why clinical testing, manual therapy, posture, biomechanics & corrective exercise sometimes work and sometimes don't!
- Understanding more about modern pain science and its relationship with movement and your current practice.
- Understanding & use the concepts of variability, variety, novelty & capacity instead of a ,corrective' exercise approach.
- Using movement that actually matters to your patients! Build on relevant and meaningful pain free movement to ,reframe' it to the CNS.
- Appreciating pains affect on the motor and sensory system and how to use graded and progressive movement to reverse it.
- How to educate patients simply about the science of their pain
- Appreciating the multi-factorial nature of pain and injury from tissue homeostasis to stress and lifestyle loads and the sensitised nervous system.

Course Timetable

Day 1:

Time	
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9.30	Intro and key course concepts
10.00	Exercise and evidence. Whats the data and how do we sell it to our patients?
10.45	Break
11.00	A modern approach to pain & why, how and when to use pain education
11.25	How does exercise help pain? How does this guide us?
11.45	A constraints based approach to movement and a movement masterclass on current movement & loading concepts.
12.30	Lunch
13.30	Overview of current best practice and multi factorial nature of LBP
14.00	Evidence review of current exercise treatments for LBP
14.30	Evidence review of movement habits of LBP patients
15.00	Practical class – rehab for LBP
16.00	Designing effective rehab programs for LBP
17.00	Finish

Day 2:

Time	
9.30	Lower back case studies
10.30	Beliefs and expectations – How do they affect treatment?
11.00	Break
11.15	Effective goal setting
11.45	Barriers to adherence for home exercise programs
12.30	Lunch
13.30	Evidence based ankle and knee practical rehab
15.00	Designing effective ankle and knee rehab programs
16.00	Ankle and knee case studies
17.00	Close

Kurssprache: Englisch

Leitung	Ben Cormack
Kursgebühr	0,00 €
Beginn	12.10.2019
Ende	13.10.2019
Kurszeiten	Sa. 12.10., 09:30 - 17:00 Uhr So. 13.10., 09:30 - 17:00 Uhr
Kursort	Albisriederstraße 243, 8047 Zürich
Zielgruppe	Physiotherapeuten, Masseure, Ärzte, Sport- und Gymnastiklehrer, Sportwissenschaftler
Fortbildungspunkte	16