

Trunk Muscle Weakness and Dysfunction with CLBP - A Functional Anatomy /Exercise Perspective

7 CEPS

Presenter:

**Dr John Booth (PhD, MDT) – Exercise Physiologist, Cred. McKenzie Therapist
RehWork Rehabilitation & Consultancy**

Course Locations Melbourne

There is considerable research implicating global and local trunk muscle weakness in the aetiology of chronic low back pain (CLBP). The focus of this one-day workshop is to improve the EP's understanding of:

1. The functional anatomy of the trunk muscles implicated in CLBP.
2. Assessing trunk muscle function in individuals with CLBP.
3. Functional exercise prescription, with an emphasis on trunk muscle function, for individuals with CLBP.

This one-day course emphasised a practical learning experience and commences by examining the architecture and function of the global and deep trunk muscles implicated in CLBP. Session 2 will develop the practitioner's understanding and competency with the assessment of trunk muscle function and exercise prescription for CLBP. A primary focus will be progressing exercises at the commencement of a program to more demanding specific functional exercise to achieve return to work and functional outcomes.

<p>Session 1 (9.30am – 12pm)</p>	<p>Functional Anatomy <i>Learning initiatives:</i> Understand the architecture and function of the trunk muscles implicated in CLBP</p>
<p>Session 2 (1pm – 5.00pm)</p>	<p>Exercise Prescription <i>Learning initiatives:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Assessing trunk muscle function <input type="checkbox"/> The implications of the assessment findings for exercise treatment and prescription <input type="checkbox"/> Developing and implementing functional exercise programs for CLBP with a focus on return to work and functional outcomes.

To enrol, please complete course registration, indicate payment method and fax to 02 42292026 or email frontdesk@rehwork.com.au. Ph 0242292012
Course information and registration also available at www.rehwork.com.au

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Course Venue	Course Date	Closing Date	Tick Location
Melbourne – Victoria University Footscray Park Campus, Ballarat Rd Footscray	Sat July 31 st 2010	Fri July 9 th 2010	

COURSE REGISTRATION

Name: _____ AAESS ID: _____

Address: _____

Phone: _____ Email: _____

(Please tick)			
AAESS members	\$ 295 per participant	<input type="checkbox"/>	(includes catering)
Non AAESS members	\$ 310 per participant	<input type="checkbox"/>	“ “
Students (full-time) send copy of ID	\$ 260 per participant	<input type="checkbox"/>	“ “

NB: If you wish to register for a course please forward completed registration form asap, to secure your place. Payment however, can be made at any time up to and including course closing date.

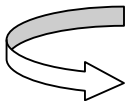
Payment method (please circle):

Cheque \longrightarrow

Send payment to: RehWork Rehabilitation & Consultancy P/L
PO Box 173 Fairy Meadow NSW 2519

EFT \longrightarrow

Please **enter your full name** to appear in our bank details
 BSB: 112-879
 Bank: St George Bank
 Account: 003271172
 Account name: RehWork Rehabilitation & Consultancy P/L



Please note payment must be received by course closing date