Managing Low Back Pain

ADDITIONAL INFORMATION:

Joint System
As part of the assessment of the joint system we aim to teach a range of passive motion testing procedures to include provocative tests for specific structures as well as tests to determine specific motion segment dysfunction. A significant aspect of the assessment procedure is the use of combined movements. Equally important is the use of specific passive segmental motion testing and provocative tests for pain reproduction. There is evidence that classification of an individual patient's low back pain disorder, and subsequent matched treatment improves treatment outcomes.

A core principle of the programme is the ongoing analysis of the examination findings from the subjective and physical examination procedures. To ascertain an appropriate manual therapy diagnosis critical analysis is developed through clinical reasoning applied to specific case studies. This programme does not provide the participants with a recipe approach to treatment. Students will be able to develop though sound methodology, appropriate treatment strategies with logical progression over time.

Muscle System
An emphasis of this programme is a functional approach to the assessment of motor control impairment. Current research indicates that treating all persistent low back pain patients with stabilization exercise (for example multifidus and transversus abdominis exercise) is not effective. The ability to activate these muscles does not correlate with recovery from low back pain. However, evidence supports the use of motor control retraining. Determining which patients require rehabilitation of motor control is an important part of this programme. A systematic, functional an evidence-based approach to the management of patients with motor control impairment will be taught.

Evaluation and management of lumbopelvic motor control impairment is designed around Cognitive Functional Therapy developed by Professor Peter O'Sullivan in Perth has substantial evidence to support its validity and efficacy in management.

Participants
There is no pre-requisite in terms of manual therapy experience. The programme offers a high level of information and clinical expertise, providing all participants regardless of previous clinical experience and knowledge with a stimulating learning environment. Previous programme participants have recommended Manual Concepts courses, and have reported excellent feedback in terms of material content, presenters' knowledge, and practical supervision.