

LOW BACK PAIN

Target group: Physiotherapists

On completion of the course you will be able to:

- Assess following physiotherapy method
- Evaluate
- Analyse the assessment outcome
- Determine and specify the patients problem
- Make a treatment plan
- Treat the patient according to his/her demands or problems

Content:

Theory:

- Anatomy and bio mechanics of lumber spine
- Pathomechanics
- Local professors

Practice:

Physiotherapy method

Assessment and evaluation:

- History
- Test movements, functional movements, general resistance, active, passive local movements, examination of other joints
- Special test, selective muscle length tests, selective resistance tests, combined tests, tests for ligaments, compression tests, joint play examination
- Neurological provocation tests, sensory examination

Plan of treatment, physiotherapy method:

- ICIDH, function, activity and participation
- Function: Mobilisation and manipulation of lumbar spine, pain inhibition, stabilisation, muscle functions/length
- Activity: movement instruction, lifting, carrying, walking, pushing and pulling
- Participations: Educational role of physical fitness in low back pain, coping style, Ergonomics

Schedule:

Total duration	1 week
Number of participants	24 (maximum)

Requirements:

A room with a total of 12 massage tables (i.e. two participants to one massage table).

Literature:

Guidelines KNGF

Magee Orthopaedic physical assessment

Kendall and Kendall: Muscles, testing and functions

CD rom lumbar spine from Fontys University of Applied Sciences, department of Physiotherapy