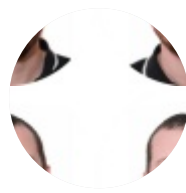


May 11, 2024

EM353: FIRENZE - EXERCISE AND CLINICAL REASONING FOR LOW BACK PAIN



BEN CORMACK

This is NOT “just another back pain course or exercise course”. Fundamentally, it is an active, patient-centred approach to rehabilitation, underpinned by the key clinical reasoning for optimal rehabilitation, presented by world-renowned clinical physiotherapist BEN CORMACK.

We eliminate the excessive coaching and complication of many rehabilitation approaches of the past and use the BPS model to open up new possibilities for working with patients through both interaction (education and communication) and action (movement).

Approach rehabilitation from a truly biopsychosocial perspective. We do this specifically through the lens of back pain in this course, but it applies to many MSK issues.

Be prepared to discuss, move forward, and perhaps even challenge your own prejudices. This is not a series of exercises that you could have simply watched on YouTube, better understood the research, improved communication, improved clinical reasoning and eliminated unnecessary fluff. It goes far beyond sets, repetitions and technique which often don't apply well to treating people with pain anyway

It will provide you with a flexible clinical framework that can be adapted to all types of patients, especially those suffering from back pain, but with principles that can be adapted to all areas of the body and to humans in general

This course has been taught in over 30 countries around the world and to hundreds of doctors.

**30 Seats****€499.00****16 Hours****20,3 ECM****INTENDED FOR**

Doctors,
Physiotherapists,
Students in
Physiotherapy

PAYMENTS

Deposit €200.00 within 7
days from the
registration

Balance €299.00 by date
May 6, 2024

Total: €499.00**CALENDAR**

11-12 May 2024

LANGUAGE

English with Italian
consecutive translation

EARLY BOOKING up to 11/04/2024: 449.00€ (50.00€ OFF!) - after 11/04/2024 499.00€

**PRICE RESERVED FOR MEMBERS OF THE ORDER OF FLORENCE, AREZZO, LUCCA, MASSA CARRARA,
PISTOIA, PRATO: €399,00 INSTEAD OF €499,00.**

Course organized in FIRENZE in cooperation with HealthHub www.healthhub.it

COURSE LOCATION:

FisioLab 2.0 Poliambulatorio
Via Imprunetana per Tavarnuzze, 231, 50023 Tavarnuzze (FI)

SCHEDULE

Day 1

09:00 - 10:00 Lecture 1

Introduction and general principles

10:00 - 11:00 Lecture 2

Implement communication and improve subjective evaluation

11:00 - 13:00 Lecture 3

Pain and exercise - When is it useful and which exercises to choose? Clinical reasoning tools

12:00 - 14:00 Lunch

2:00pm - 3:00pm Lecture 4

SPECIFIC or NON-SPECIFIC approach to exercise prescription?

3:00pm - 4:00pm Practical 1

Create a movement experience

4:00pm - 5:00pm Practical 2

The dosage of exercise, the secret of success

5:00pm - 6:00pm Lecture 5

PIP - Psychologically Informed Practice

Day 2

09:00 - 10:00 Lecture 6

Thoroughly understand LBP

10:00 - 11:00 Lecture 7

Differences between severe (Red Flags), specific and non-specific LBP

11:00 - 13:00 Practical 3

Exercise on the subjective and objective evaluation of patients with LBP

1:00pm - 2:00pm Lunch

2:00pm - 3:30pm Practical 4

Exercise with treatment proposals with exercise and education

3:30pm - 5:00pm Practical 5

Plan and design effective rehabilitation programs for LBP