



**PFF**

# FUNCTIONAL THERAPEUTIC MOVEMENT INTRODUCTION, LBP STRATEGIES & LOWER LIMB

Ved Ben Cormack

<b>Dato:</b>	06. og 07. november 2021 kl. 09:00-16:00
<b>Sted:</b>	Romerike Helsebygg, Inngang A, 2000 Lillestrøm
<b>Kursavgift:</b>	PFF-medlem: 3.600,- Andre: 4.600,-
<b>Kursplasser tilgjengelig:</b>	50
<b>Påmelding:</b>	<a href="http://www.fysioterapi.org">www.fysioterapi.org</a>
<b>Avbestillingsfrist:</b>	06. oktober 2021

Ved avbestilling etter denne dato, må kursavgiften betales i sin helhet.  
Ved påmelding etter denne dato belastes man med 10 % tillegg på kursavgiften.

Godkjent 15 timer for opprettholdelse av «Spesialist i Muskel- og Skjelett Fysioterapi»



## Ben Cormack

Ben Cormack eier og driver Cor-Kinetic. Han er muskel-skjelett terapeut med klinisk bakgrunn i sportsfysioterapi, rehabilitering, smerteforskning og trening gjennom de siste 15 årene. Han er spesialist i en bevegelses- og treningsbasert tilnærming. Han legger vekt på undervisning og det å ha pasienten i fokus.

Cor-Kinetic har vært involvert i å undervise medisinsk personell og trenere i sin tilnærming til trening på høyeste nivå for sportsklubber i Storbritannia og Europa. Også sammen med Helsepersonell fra NHS (National Health Service) og privat praksis.

Ben Cormack er en populær internasjonal foreleser. Han holder kurs og deltar på konferanser over hele verden. Se også <https://cor-kinetic.com>

### Ben Cormack sin beskrivelse av kurset:

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.

## **Timeplan**

### **Dag 1**

09:30 Intro and key course concepts

10:00 Exercise & evidence. What's 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

### **Dag 2**

09:30 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

**Vi ønsker dere alle velkommen!**