



# Fixing The Back Pain

## Program Description

Injured at 0 km/hr speed? The lower back is is an accident waiting to happen!

Do you think that your lower back pain (LBP) is a mistery that you can't solve?

Whether you spend most of your time mesmerized in front of the big, medium or even the tiny 16 inches screen, or you spend long hours practicing sports or lifting weights, LBP is the most common pain/injury reported both amongst athletes and the general public.

You see both static and dynamic fixation can result in muscle imbalances and stiffness that can lead to a wide variety of conditions, ranging from small pains and aches at best to serious conditions that may require surgical intervention at worse.

## Program Objectives

In this course you will get a wealth of information regarding the following:

1. Structure and function of the back muscles.
2. Structure and function of the abs muscles.
3. The most common back injuries (disc injuries, spondylolysis, spondylolisthesis, osteoarthritis and more).
4. Causes of LBP injuries.
5. Assessing the lower back for ROM and flexibility.
6. Screening the lower back for injuries.
7. Design prehab programs.
8. Design rehab programs.