

Low back pain

Target group: Physiotherapist

On completion of the course you will be able to:

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

Content:

Theory

Anatomy and bio mechanics of lumber spine

Path mechanics

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: Mobilization and manipulation of lumbar spine, pain inhibition, stabilization, muscle functions/length

Activity: movement instruction, lifting, carrying, walking, pushing and pulling

Participations: Educational role of physical in low back pain, coping style, Ergonomics