

THERAPEUTIC MOVEMENT & EXERCISE

**THERE IS SIMPLY NO OTHER COURSE LIKE
THERAPEUTIC MOVEMENT & EXERCISE**

**IT'S NOT ANOTHER REGION SPECIFIC COURSE OR BASIC
EXERCISE COURSE**

**IT BRINGS TOGETHER EXERCISE, PAIN, MOVEMENT,
PSYCHOLOGY & PATHOLOGY FOR A TRULY
BIOPSYCHOSOCIAL APPROACH**

This is NOT just another exercise course about sets and reps! It is about applying movement and exercise to people in pain.

Exercise and movement are fantastic tools to help our patients but the complexity and uncertainty often present in clinical practice can make its application tough especially with painful problems!

What's the best exercise? Will my patients enjoy or even do it? What if I underload, overload or even make them worse? What does the evidence say I should do? How do I communicate this with my patients?

Couple this with many of the current concepts in exercise & fitness simply not applying well to people in pain and this can be frustrating for therapists and patients alike.

The amount of information out there on this subject can be overwhelming, confusing and time consuming to process and we need to learn how to cut through the noise quickly to get to what really matters to help our patients.

Functional therapeutic movement enables you to navigate this uncertain environment by guiding you in making sense of the evidence around exercise and its application, in a way that will practically apply to your patients in clinic straight away

COURSE SCHEDULE

Day 1

9am – Intro and key course concepts

10am – Introduction to research. Key concepts & statistics

10.45am Break

11am – Pain & exercise. How does it help/not help?

11.45am – What do you want exercise/movement to do? Clinical reasoning tool

12.30pm –Lunch

1.30pm – Specific or non specific approach to exercise/movement?

2.15pm – Practical movement class - Creating a movement experience

3pm – Break

3.15pm – Exercise dosing - the secret to success

4pm - Psychologically informed practice & clinical conversations

5pm – Finish

Day 2 - Back pain

9am – Understanding lower back pain

10.30am – Serious (red flags), specific & non specific back pain. Whats the difference?

11am – break

11.15am - Back pain assessment workshop (Subj & obj)

12.30am – Lunch

1.30pm – Treatment (Advice & education and exercise workshop)

3pm –Designing effective rehab programs for LBP

4pm – Close

Learning objectives

- 1 – To feel more comfortable understanding and navigating evidence based practice through understanding study design and statistics
- 2 – Understand the specific evidence base around pain and exercise interventions
- 3 – Develop a comprehensive framework for applying exercise interventions in line with evidence & patient focused care
- 4 – Better understand back pain epidemiology, diagnosis and biopsychosocial factors
- 5- Be better at treating back pain in an evidenced based way primarily through active interventions & exercise principles

Bio

Ben Cormack set up Cor-Kinetic way back in 2011. Cor-Kinetic provide educational resources to help health professionals treat their patients better through a modern, evidence based & active approach to injury & pain.

Cor-Kinetic take a practical and low BS approach to education that looks to unclutter and demystify the often overly complicated world of rehab education. This is done in a learner focused way that has evolved & adapted to the current global situation.

Cor-Kinetic have run courses in over 25 countries globally, working with individual health care professionals, clinics, health services & hospitals, elite sports teams & pain services/organisations.

Ben Cormack owns and runs Cor-Kinetic. He is a musculoskeletal therapist with a clinical background in sports therapy, rehabilitation, pain science & exercise stretching back over 15 years. He specialises in a movement & exercise based approach with a strong education component and patient centred focus.

Ben is a popular international presenter who has delivered conferences presentations and courses all over the world.

Testimonial

"Functional therapeutic movement is without a doubt one of the most practical, well referenced, clinically relevant, and beneficial continuing education courses I've taken. Ben has a lively presentation style that keeps you engaged, a good sense of humor, and clear mastery over his content. The course is relevant and valuable for young and experienced clinicians alike. Be sure to come prepared for discussion and plenty of critical thinking!"

DR Jarod Hall DPT USA



HOW WILL IT HELP?



