**CO-ORDINATION EFFICIENCY COORDINATION EFFICIENCY TO OPTIMISE MOVEMENTRETRAININGFOR THE LOW BACK & HIP**

## COURSE INTRODUCTION:

This course is designed to help clinicians deliver targeted movement retraining to successfully manage each patient's pain, pathology and compromised function of the low back and hip. It supports all clinicians' desired outcomes for their patients through the identification and management of the movement impairment associated to their current low back or hip issue. The course details a systemized route to employ movement as the intervention of choice with their patients to manage recurrence and support participation and long term movement health. Pain, pathology and compromised function are linked to mechanism of movement impairment. Kinetic Control contemporary neuroscience, biomechanics, physiology and skill acquisition principles to allow all clinicians to harness the power of movement within their practice to empower people to change mechanisms of recurrence.

## COURSE OVERVIEW

The close relationship between the low back and hip during functional and performance tasks is widely acknowledged. Although the value of movement is increasingly recognised as a tool to manage low back and hip presentations the clinical picture can appear complex due to the number of different variables altering any individual's movement patterns. Because everyone moves differently, how do we decide which particular movement has the greatest influence on a patient's low back or hip problem? The main focus of this course is to give clinicians the tools and enhanced skill set to use targeted movement retraining to change the mechanisms of movement control impairments related to pain, pathology and compromised function of the low back and hip.

## KEY FEATURES

- Develops skills to successfully use clinical tools and a movement focused framework to change the mechanisms of movement impairment associated to the low back and hip
- Achieves better outcomes in respect of recurrence and long term health
- Supplies a targeted movement retraining intervention allowing clinicians to be increasingly time efficient in addressing their patients' impairments
- Develops clinicians' abilities to change the building blocks of more complex movement patterns
- Supplies therapists with the clinical reasoning and skillset to manage the complexities of low back and hip presentations

## LEARNING OUTCOMES

At the end of this course the participant should be able to:

- Evaluate and diagnose movement and identify client specific movement impairments
- Deliver targeted movement retraining to alter the key mechanisms associated to their patients' low back and hip pain or dysfunction
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes
- Apply practical interventions derived from contemporary research underpinning the principles of movement evaluation and retraining decision making.