

Lumbar spine injury prevention and rehabilitation

By Paul Wright

Lumbar spine injury prevention and rehabilitation is essential education for all fitness professionals regardless of specialisation or level of certification. This course aims to improve the knowledge of fitness professionals in the area of injury prevention and safe exercise prescription.

Lumbar spine injury prevention and rehabilitation explores:

- Functional spinal anatomy
- Common injuries and chronic issues
- Common training and rehabilitation mistakes
- Pre-exercise assessments for fitness professionals
- Exercises for rehabilitation

Lumbar spine injury prevention and rehabilitation is delivered via a DVD presentation, a 24 page handout and a 15 question multiple choice assessment.

Upon successful completion, course participants will be able to:

- Understand the key anatomy of the spine and related injuries
- Identify the training considerations for common lower back injuries
- Screen clients for a likelihood of developing a lower back injury
- Prescribe safe and effective exercises and mobility movements

Course Creator Bio

Paul Wright, BAppSc (Physio), DipEd (PE) is the owner of Get Active Physiotherapy with clinics in St Leonards (Sydney) and Kotara (Newcastle). His latest e-book *Injury Prevention Tests for Health Professionals* can be downloaded from www.getactivephysio.com.au and his latest audio interview can be heard as www.getactivebusiness.com.au. Paul can be contacted on 02 9966 9464.