PROGRAM

McGill 1: Building the Ultimate Back

**Where is the event being held?**

Hotel van der Valk Eindhoven

Aalsterweg 322
5644 RL Eindhoven

Netherlands

https://www.hoteleindhoven.nl/

**What time do we start?**

Registration starts 16th May at 08:00 hours.

Thu 16th May   08:30 – 17:00

Fri 17th May 09:00 – 17:00

**COURSE OBJECTIVES**

**Global Objectives:**

To update delegates on the most recent developments in function of the lumbar spine – specifically how it works and how it becomes injured, and how this is linked to pain sensitivity. This is to develop an evidence based foundation for clinical decision making.

To provide guidance in the application of this knowledge to the clinic, workplace, rehabilitation center, and sports field to reduce the risk of injury, optimize healing of the patient, and build ultimate back performance in the athlete.

To give practice and technique development with workshops throughout the day.

**COURSE OUTLINE**

**Brief Description of Topics:**

**4 hours**

Building the foundation: Dispel the myths about how the spine works and becomes injured and/or painful. Anatomical, biomechanical and neurological perspectives are provided to setup the clinical approaches

**2 hours**

Interpreting patient presentation: Understand aberrant motion and motor patterns and possibilities for corrective exercise. Provocative tests and their mechanical basis provide guidance for optimal exercise design. Lecture and workshop

**1 Hour**

Preventing Back Disorders: No clinician can be successful without removing the cause of back troubles in patients. This section teaches delegates how to identify the causes and how to remove them. Lecture and workshop.

**5 Hours**

Rehabilitation Approaches: The first stage following assessment of the pain mechanism is to wind-down the pain sensitivity by removing the cause. Movement techniques to empower the patient to move without pain are workshopped. Then exercise and programs are workshopped to build the foundation for pain-free activity. Lecture and workshop

**4 Hours**

Training for performance – Training the back for performance (either athletic or occupational) requires different approaches and objectives than training to fulfill rehabilitation objectives. Some of the techniques developed in our work with world class athletes will be introduced and discussed within the context of valid mechanisms and evidence. These include the progressions from establishing motor control patterns, through to stability, endurance, strength, power and agility. Formalization of some of the performance “tricks” including how to get through “sticking points”, and developing “superstiffness” will be done in lecture and practical sessions.

**Note:** Dr McGill has authored four textbooks: “[Low Back Disorders: Evidence based prevention and rehabilitation](http://www.backfitpro.com/books/low-back-disorders-evidence-based-prevention-and-rehabilitation-3rd-edition/)”, Third Edition, published by Human Kinetics publishers, (www.humankinetics.com), 2016, and “[Ultimate back fitness and performance](http://www.backfitpro.com/books/ultimate-back-fitness-and-performance-6th-edition-2017/)”, Sixth Edition, published by Backfitpro Inc (www.backfitpro.com), 2017, [Back Mechanic](http://www.backfitpro.com/books/back-mechanic-the-step-by-step-mcgill-method/), 2015, and The Gift of Injury, 2018. The first three books synthesise the material presented in this course and are recommended as resource material for interested delegates.