

**Timetable dag 1**

- 9.30am: Intro and key course concepts
- 10-10.45am: A constraints based approach to movement and a movement masterclass on current movement concepts
- 10.45: Break
- 11am: A modern approach to pain – Pain science
- 11.45am: How does pain affect movement – Research review
- 12.30pm: Lunch
- 1.30pm: Overview of current best practice and multi factorial nature of LBP
- 2pm: Evidence review of current exercise treatments for LBP
- 2.30pm: Evidence review of movement habits of LBP patients
- 3pm: Practical class – rehab for LBP
- 4pm: Designing effective rehab programs for LBP
- 5pm: Finish

**Timetable dag 2:**

- 9.30am: Lower back case studies
- 10.30am: Beliefs and expectations – How do they affect treatment?
- 11am: break
- 11.15am: Effective goal setting
- 11.45am: Barriers to adherence for home exercise programs
- 12.30am: Lunch
- 1.30pm: Evidence based ankle and knee practical rehab
- 3pm: Designing effective ankle and knee rehab programs
- 4pm: Ankle and knee case studies
- 5pm: Close