

# McGill 4

## Back Mechanic: Working with the back pained patient

### Course Objective

To create a client who is failing to make usual progress, who is then maintained by the trainer.

To assist the client to recover from pain.

### Course information

This one day course is for trainers and performance specialists who deal with clients with back pain. Both lectures and workshops provide delegates with background information on the mechanisms that cause back pain and how these can be assessed and addressed with movement and exercise programming that adhere to the principles of Professor McGill. This process creates clients who are then liberated to begin training. Then specific principles are workshopped to create pain-free and injury resilient movement/motor patterns, that enables the trainer to move on to more typical programming.

Detailed description

#### **Introduction 30 mins**

Expect – simple pain assessment and guidance for programming and technique

Not expect – this is back mechanic not back engineer

Myths and code for a healthy back

#### **Self Assessment 90mins** (find the pain)

Theory and workshop assessment tests.

Create a plan

Terminal Test – self assessment start to finish

#### **Removing the cause: Spine Hygiene 90mins** (Pain avoidance – build resilience)

Theory and workshop

Terminal Tests

#### **Building the foundation for a pain-free and resilient Back 90mins** (how to begin rehab)

Guy wire system – theory – teaching points

Neutral spine – theory – teaching points

Core program (Big 3, walking, cat/camel, pain avoidance)

Curl Up – theory – teaching points -practise

Bird Dog – theory – teaching points – practise

Plank – theory – practise – teaching points – practise

Restoring the hips

The Walking program

Application and programming

Terminal Test – Answer teaching points on guywire, neutral spine.

Teach Big 3

Apply programming principles

#### **Tuning the machine 90mins**

Push Exercises

Pull Exercises

Nerve flossing

Thoracic extension

The Lewit

Special population  
Full example of pain patient – start to finish

**Conclusion 90mins**

Recap  
Q and A

## SUGGESTED READINGS

This presentation synthesizes many research articles. Rather than provide an exhaustive list, the interested delegate is encouraged to see them at:

<http://www.ahs.uwaterloo.ca/~mcgill/>

However, the information has been synthesized into the book Back Mechanic: The step by step McGill Method to fix back pain. This book guides the reader through a step by step method to assess specific pain triggers then remove them from their movement patterns. This is the essential first step to wind down pain sensitivity. Then the foundation for painfree movement is created.

## Date and Hours

Registration 08:00  
Sat 2 Nov 08:15 – 18:00

## Seminar Fees

Early bird (before 31 July 2019)

€ 445,-

Normal

€ 485,-

We recommend to book soon – we will likely sell out!

## Location

Designed 2 Move  
Rondweg 15  
5406 NK Uden  
Netherlands  
(Close to Eindhoven Airport)