

Lower Back Pain – Solving the Lumbar-Pelvic Complex – A one-day workshop

Tutor:

**Dr. Marie-Elaine Grant. Dip Physio. (NUI) PhD, SMISCP, MCSP.
International Olympic Committee: Medical and Scientific Commission**

Dr. Grant, a member of the Irish Society of Chartered Physiotherapists, becomes the first Irish woman to receive an IOC appointment. In her new position she will monitor all physiotherapy activities and facilities for the 205 nations participating in London. During the Games it is expected that there will be a total involvement of up to 800 physiotherapists.

In addition she will be responsible for providing the Medical and Scientific Department of the International Olympic Committee in Lausanne with guidelines on the organisation of physiotherapy services for the Olympic Games and is now the contact person for the IOC for all issues related to physiotherapy and rehabilitation.

She has served as Chief Physiotherapist to the Irish Olympic teams for five consecutive Olympic Games commencing with the 1992 Barcelona Olympics through to the 2008 Beijing Games. She has also served with the Irish Winter Olympic teams in Turin 2006 and Vancouver 2010 and with ten European Youth Olympic teams.

Welcoming the appointment, Pat Hickey, President of the Olympic Council of Ireland commented, "Marie-Elaine's promotion to the IOC Medical Commission is well deserved. She has done sterling work for Ireland's Olympians for many years and her outstanding skills will now enhance the work of the IOC at the highest level".

Dr. Grant graduated in physiotherapy from UCD in 1981 and gained her PhD degree in 1997. Her research thesis was supervised by Emeritus Professor Craig Sharp, former director and founder of the British Olympic Medical Centre. She lectures on post-graduate MSc courses in Sports and Exercise Physiotherapy for universities in Ireland and is frequently invited to present at international conferences. Her paper on "Eccentric exercise in Rehabilitation", presented at the IOC Seminar on Sports Physiotherapy and Medicine during the Beijing 2008 Olympic Games, was highly commended.

She has been awarded Specialist Membership of the Irish Society of Chartered Physiotherapists in recognition of her contribution to Sports Physiotherapy in Ireland and continues to practice in Dublin.

Venue: **NCORE Training Room
Level 3, Junction 3
London Road Community Hospital
London Road
Derby
DE1 2QY**

Date: **FRIDAY 4th OCTOBER 2019**

Course commences: **09:00 registration
09:15 start - 16:30 finish**

LOWER BACK PAIN SOLVING THE LUMBAR-PELVIC COMPLEX A ONE-DAY WORKSHOP

**NCORE Training Room
Level 3, Junction 3
London Road Community Hospital Derby
FRIDAY 4th OCTOBER 2019**

PROGRAMME: PRACTICAL AND THEORY

**Course commences: 09:00 registration
 09:15 start
 11:00 refreshment break
 13:00 Lunch
 16:00 finish**

Throughout the one day workshop questions and discussion are encouraged, delegates will also have the opportunity to participate in the practical sessions.

Course Aims:

- This workshop aims to give a clear understanding of the reasons why back pain occurs in 80% of the population the population, a clear understanding of the biomechanics and pathology underpinning Low Back Pain.
- Key factors relating to the prevention of low back pain and the role of core stability in injury prevention will be discussed.
- Participants will be given a clear understanding of clinical , functional and dynamic evaluation techniques of the Lumbar – Pelvic complex relative to both athletes and non-athletes.
- Demonstration and discussion on the application of evidence-based treatment and rehabilitation approaches including joint and soft tissue manual techniques
- Correction of Biomechanics and alignment issues.
- Practical guidelines for strengthening while addressing many of the myths associated with 'core – stability'.

Learning Outcomes:

Workshop participants will:

- Improve their knowledge of the Anatomy of the Lumbar – Pelvic Complex
- Advance their understanding of the Lumbar-Pelvic functional biomechanics
- Develop a clear understanding of the pathological reasons associated with the painful and dysfunctional Lumber-Pelvic unit.
- Deepen their understanding the factors associated with mechanical LBP how load, overuse and trauma can contribute to the problem.
- Advance their skills in assessment including the role of scans, neurological assessment, special tests, movement patterns, biomechanics, palpation, the kinetic chain, loading and functional tests and evaluating core stability
- Increase their understanding of the necessary criteria to make the best choices in treating, rehabilitating, managing and preventing the problem.
- Increase competence in the application of the effective core stability programme understanding based on evidence strategies and expected outcomes.

Phone : (01332) 254679 Email: dhft.ncore@nhs.net Web: www.nore.org.uk

Directions - please visit link for map and further information

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

Refreshments: will be provided

Catering outlets: League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

Parking: Should you be traveling by car there are car park facilities

