



Poštovane kolegice i kolege, u suradnji sa

SMARTERehab group (Division of Neuromuscular Rehabilitation Institute)

organiziramo prvi u nizu tečajeva u Hrvatskoj.

SMARTERehab-Sub classification and Motor control of the Lumbar Spine

Predavač je **Heinz Strassl**, **Dipl.Pt OMT** ovlaštenu predavač iz SMARTERehab grupe, predavač na fakultetu za fizioterapiju u Salzburgu.

Kratki opis tečaja: Uvriježeno je mišljenje da se akutna križobolja smiruje kroz tri mjeseca. No znamo da to nije točno i da velika većina križobolja može biti kronično, doživotno stanje. Trenutne glavne strategije za kronične križobolje (opći fitness, fizička aktivnost, bihevioralna terapija ..) ne uspjevaju riješiti kompleksnost problema sa kojim se pacijenti suočavaju.

Svrha sub-klasifikacijskog modela je da nam pruži širi okvir za kliničko razmišljanje i usmjeravanje liječenja pacijenata sa mišićno-koštanom boli.

Pokret kao alat za kliničko razmišljanje:

Najčešći problem mehanički uzrokovane kronične križobolje je obrazac pokreta pacijenta, tj. način na koji se pacijent kreće uzrokuje stres na tkivo te dovodi do pojave boli i simptoma.

Pod-grupa su pacijenti sa promijenjenom translacijskom kontrolom (gubitak segmentalne stabilnosti). Mišići koji kontroliraju segmentalnu translaciju multifidusi, transversus abdominis, stražnji fascioli psoas majora, dijafragma i mišići dna zdjelice su često inhibirani, što dovodi do gubitka segmentalne stabilizacije kod pacijenata sa kroničnom križoboljom. Također, pacijenti često nemaju dobar osjet (proprioceptivnu svjesnost) o poziciji lumbalne kralježnice, zdjelice te obrascu kretanja.

U pristupu koristiti ćemo facilitaciju u cilju postizanja neutralne pozicije lumbalne kralježnice, aktivaciju ciljane muskulature radi kontrole segmentalne stabilizacije. Zatim strategije za integraciju cijeloga lumbalnog "cilindra", zajedno sa disanjem i zdjelničnim dnom.

Tečaj je temeljen na evidence-based principima.

Tema: SMARTERehab

Sub classification and Motor control of the Lumbar Spine

Mjesto održavanja: Narodno učilište, Školjić 9, Rijeka

Vrijeme održavanja: 15. - 18.04.2020. (srijeda - subota) s početkom u 10.00. srijeda, druge dane u 9.00h

Cijena tečaja: 4500 kn

Organizatori: Zoran Soldan, fizioterapeut, Poliklinika Scipion – Rijeka

Denis Dobravac, fizioterapeut, Specijalna bolnica dr. Nemeč - Matulji

Polaznici tečaja: fizioterapeuti i liječnici

Maksimalni broj polaznika: 18

Jezik tečaja: Engleski

Skripta za tečaj je na engleskom jeziku i ulazi u cijenu kotizacije.

Rok uplate kotizacije je 22.03.2020.

Ukoliko ste zainteresirani za tečaj ili želite čuti više informacija, kontaktirajte nas na

E - mail: smartrehab.hr@gmail.com

Zoran Soldan

Denis Dobravac

Detaljnije o tečaju

SMARTERehab

Subclassification and Motor Control of the Lumbar Spine

Course Description

These modules are a pre-requisite and recommended for all SMARTERehab courses. This course is primarily for musculoskeletal physiotherapists.

The common problem: a client presents with multi-factorial pain, recurrent or ongoing, and has not responded to various forms of treatment from various practitioners. What can we do to help?

Current sub-classification and rehabilitation strategies do not address the diverse range of motor, sensory, neurological, cognitive (learning and psychological) and psychosocial problems that clients present with. In this very informative module we present the need for more specific sub-classification as evidenced from the research. We then build on this to present our five category diagnostic sub-classification approach. This includes diagnosing (1) patho-anatomical (2) motor function (3) pain mechanisms (4) psychosocial factors and (5) CNS coordination. Clinical prediction rules are presented to help you with the diagnosis and rehabilitation of each sub-classification. This clearly identifies which patient should receive what therapy. Each sub-classification is described in detail making diagnosis of each straight forward, with an easy to use decision tree to show which sub-classification is the rehab priority. The client's functional requirements are identified and an exercise program specific to match the clients needs are designed.

The relevant physiology required to understand motor control rehabilitation is covered. The importance of understanding the learning process and neuroplasticity for motor control training are highlighted along with appropriate strategies we can apply clinically.

Back pain frequently is insidious, recurrent and an ongoing problem for many people. Research has identified a sub-group of people with low back pain that have poor control of movement in the lumbar spine and have deficits in the awareness of the lumbo-pelvic positioning. It is commonly the uncontrolled movements of the spine and pelvis that provoke their pathology and pain. Some clients also present with a translation control deficit. For these clients segmental stabilization can be beneficial. The muscles that control segmental translation have been shown in extensive research literature to exhibit altered motor control and delayed activation timing. This causes failure to control segmental translation.

This course will provide participants with skills in analysing movement and diagnosing movement pattern control deficits in the lumbopelvic region. Retraining proprioceptive awareness of lumbo-pelvic positions and control of movement patterns is crucial. Further more, activation of the appropriate local muscles to control segmental translation will be covered. Strategies to rehabilitate and integrate the whole lumbar cylinder will be offered.

Treatment is enhanced by understanding the mechanism behind the altered movement pattern. These are discussed and examples demonstrated during the practical sessions. We will provide participants with easy to use clinical prediction rules to diagnose and rehabilitate low back pain.

This course will allow you to start using the evidence based clinical reasoning, the sub-classification process and clinical prediction rules for your rehab of low back pain clients right away.

Course Objectives:

After the course the participant will be able to:

- Utilize clinical prediction rules for making five types of sub-classification and choosing the right rehabilitation strategies
- Appreciate the importance of assessing movement patterns, translation control, sensory motor function and the nervous system
- Be aware of the normal time frames for rehabilitation and factors that influence this
- Understand the clinical reasoning process and how to apply evidence based practice
- Apply the relevant physiology and learning strategies for motor control rehabilitation
- Be able to assess for movement pattern and translation control deficits in the lumbar spine and pelvis
- Understand the different mechanisms behind movement pattern and translation control deficits
- Appreciate the different causes of restrictions and increased muscle tone
- Show an understanding of the progression of movement pattern control into movement and function

Contents:

- Background & SMARTERehab System
- Clinical prediction rules (CPR)
- Overview of motor system changes and functional CNS changes with chronic pain
- Sub-classification and CPR:
 - Patho-Anatomy
 - Motor Function
 - Pain mechanisms
 - Psychosocial Factors
 - CNS Coordination
- Fundamentals of motor control exercise
- Fundamentals of Motor learning & neuroplasticity
- Restrictions and mechanisms of altered movement control
- Practical:

- **Assessment of “demo patients” (participants)**
- **Neutral Repositioning**
- **Lumbar Flexion, Extension and Rotation load testing and rehabilitation**
- **Translation control testing and rehabilitation**
- **Kinetic chain sequencing**
- **Muscle Imbalance - function testing and rehabilitation of**
 - => Global Stabiliser**
 - => Global Mobiliser**
- **Summarisation with Clinical Reasoning of the assessment and rehab strategies**

Heinz Strassl , Dipl.Pt, OMT