

2216 – Low Back Pain Interventions

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 7:45-11:00 am – 3.0 credit hours

(Classroom: 7:45-9:15 am / Pool: 9:30-11:00 am)

Faculty: Maryanne Haggerty, MS-ExPhys

COURSE DESCRIPTION: Effective exercises for the management of low back pain will be explored. With approximately 8+ people out of 10 experiencing low back pain, we need to have a basic understanding of how to promote conditioning of the lumbopelvic hip and spinal areas to prevent further low back pain.

This course will focus on the deep core muscular activation needed to initiate spinal centered stability. The trunk centered stabilization activation will be the basis of conditioning the lumbar, pelvic, hip, and spinal musculature to alleviate low back pain. Basic diaphragmatic breathing and deep core activation techniques will be explored. Correcting mechanical imbalances for efficient neuromuscular activation and stabilization will be addressed and practiced. This workshop will utilize various methods of flexibility and movement control to promote postural and core stability for low back stabilization. Trunk stabilization with total body focused movement control exercise will be developed and practiced.

COURSE OBJECTIVES:

- 1) Develop a basic understanding of mechanical low back pain and its prevalence.
- 2) Focused evaluation and assessment of the trunk stabilization starting with the deep core muscular activation.
- 3) Evaluate mechanical issues causing low back pain and how to address and correct postural issues.
- 4) Practice and develop the sequence of trunk and core muscular activation for range of motion and balance.
- 5) Develop and practice trunk stabilization techniques with progressions to a total body integration for the management of low back pain.

FACULTY: Maryanne Haggerty, MS-ExPhys, educates individuals, groups, and corporations in health, wellness, and fitness. In addition to teaching several certifications and continuing education courses, she has developed many progressive functional exercises for stabilization and muscular strengthening. Her mission is to promote safe and effective exercise enabling individuals to be functionally stronger.