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Building the Ultimate Back- From Rehabilitation to Performance

28-29 April 2018

Presented by: Dr Ed Cambridge, DC, PhD

This two day course combines lecture and hands-on skills development workshops to introduce the McGill Method of enhancing patient outcome.

	Early Bird	After 26/03/18
AECC GA/TAM/ECU/RCC	£395	£494
Non Members	£450	£563
Students	£195	£244

Early bird discount for bookings received on or before 26 March 2018



Global Objectives:

- To update delegates on the most recent developments in function of the lumbar spine - specifically how it works and how it becomes injured, and how this is linked to pain sensitivity. This is to develop an evidence based foundation for clinical decision making.
- To provide guidance in the application of this knowledge to the clinic, workplace, rehabilitation centre, and sports field to reduce the risk of injury, optimize healing of the patient, and build ultimate back performance in the athlete.
- To give practice and technique development with workshops throughout both days.

Brief Description of Topics:

4 hours

Building the foundation: Dispel the myths about how the spine works and becomes injured. Anatomical, biomechanical and motor control perspectives are provided to setup the clinical approaches

2 hours

Interpreting patient presentation: Understand aberrant motion and motor patterns and possibilities for corrective exercise. Provocative tests and their mechanical basis provide guidance for optimal exercise design. Lecture and workshop

1 Hour

Preventing Back Disorders: No clinician can be successful without removing the cause of back troubles in patients. This section teaches delegates how to identify the causes and how to remove them. Lecture and workshop.

5 Hours

Rehabilitation Exercise: Biomechanics and Clinical Practices - Many exercises prescribed to low back patients have not been subjected to scientific examination. This component of the course attempts to quantify and rank exercises for their spine loading, muscle usage and stabilizing potential. Algorithms for choosing the best exercise approach for each individual are provided. Technique is then honed to make exercise tolerable and effective. Lecture and workshop

4 Hours

Training for performance – Training the back for performance (either athletic or occupational) requires different approaches and objectives than training to fulfil rehabilitation objectives. Some of the techniques developed in our work with world class athletes will be introduced and discussed within the context of valid mechanisms and evidence. These include the progressions from establishing motor control patterns, through to stability, endurance, strength, power and agility. Formalization of some of the performance “tricks” including how to get through “sticking points”, and developing “superstiffness” will be done in lecture and practical sessions.

Note: Dr McGill has authored three textbooks: “[Low Back Disorders: Evidence based prevention and rehabilitation](#)”, Third Edition, published by Human Kinetics publishers, (www.humankinetics.com), 2016, and “[Ultimate back fitness and performance](#)”, Sixth Edition, published by Backfitpro Inc (www.backfitpro.com), 2017, and [Back Mechanic](#), 2015. These books synthesize the material presented in this course and are recommended as resource material for interested delegates.

Dr Ed Cambridge DC, PhD. Dr Cambridge has studied with Professor McGill for the past 6 years while completing his PhD. His thesis is entitled "Hip & Spine Mechanics - Understanding the linkage from several perspectives from injury mechanisms to rehabilitation". This work is focused on understanding this relationship through both normal and injury mechanics of the linkage and is comprise of a combination of biomechanical modelling and experimental research. He is an outstanding instructor and highly competent with the scientific history that is the foundation of the McGill approach. He has taught with Professor McGill internationally for the past 5 years. He is also an excellent diagnostician with a Doctor of Chiropractic degree prior to his years working side-by-side seeing patients with Professor McGill in the University research clinic. He teaches McGill 1, McGill 2 and the Back Mechanic course.



ACCREDITED FOR 16 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45

Saturday 09:00 - 18:00

Sunday 09:00 – 18:00

Lunch & Refreshments provided

