

PRE-COURSE DETAILS

THE FIVE PHASES OF BACK REHABILITATION

Tutor: Mike Antoniadis

Duration: 1 Day

Content: Practical & Theory

Cost: Standard Price: £145 member/ £165 non-member

Online Discount Price: £135 member/ £155 non-member

This practical course covers the theory, but more importantly, the practical application of “back rehabilitation” protocols, used for both acute and chronic back pain.

Members will learn the techniques for getting patients back to an active life style or return them to sports and competition, how to progress patients through the five phases of rehabilitation - from pain management and motion retraining to Neuromotor development and sport specific preparation.

Members will learn how to structure a physical therapy and rehabilitation programme to progress patients from “pain management” back to full fitness or sport participation and will receive an extensive course hand-out.

Learning outcomes

- You will understand the concepts, theory and practical application of back rehabilitation
- You will learn how to simply and effectively assess your clients biomechanics, movement and core stability
- You will learn how to design an individual prescriptive exercise programme based on your individual assessment
- You will learn how to progress individuals and athletes through to end stage rehabilitation, power and speed development.

Following the course participants will be able to understand the principles behind the five phases of back rehabilitation and neuromuscular retraining, know how to structure and progress an individual rehabilitation programme, including training and programmes for recreational and elite athletes.

Who should attend this course?

Good knowledge and understanding of anatomy and physiology is strongly recommended for our course.

The sport dimensions workshops are suitable for sports, exercise and medical professionals including:

- Physiotherapists, osteopaths, chiropractors and other medical professionals
- Sports therapists & rehabilitation professionals
- Personal trainers and fitness instructors
- Exercise and sports scientists/physiologists
- Occupational health workers

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Timetable	
Coffee and registration	08:30hrs to 9.00hrs
Morning session starts	09.00hrs
Break	11.00hrs
Morning session continues	11.15hrs
Lunch break	13:00hrs
Afternoon session starts	14.00hrs
Break	15:30hrs
Afternoon session continues	15.45hrs
Course close	17.00hrs

Biography

Mike is the founder and Coaching Director of Sport Dimensions Physiotherapy & Rehabilitation. Mike has been a coach for 26 years and has worked in the UK, Europe and the USA.

He has worked with a number of professional athletes and clubs from different sports including soccer, rugby, basketball and track & field. Mike is a qualified UEFA licensed coach, speed coach, strength & conditioning coach and rehabilitation specialist.

Mike runs coaching workshops and seminars in Europe and the USA, on knee and back rehabilitation techniques, with a specialisation on ACL prevention methodologies, speed and power development, and the long term development of young athletes, and is a guest lecturer at Sheffield University and St Mary's University on injury prevention and rehabilitation techniques.

He has been featured in a number of newspapers and magazines for his work with elite athletes and football clubs, such as Running Fitness, Athletics Weekly, The Times, Telegraph, Mirror, Daily Mail, Ultrafit, Men's Fitness, Men's Health and Esquire Magazine etc. His training methodologies have also been highlighted on the BBC Sports Academy.

His reputation as a coach in speed development and rehabilitation has seen him work with professional and elite athletes from football, rugby and athletics as well as recreational athletes. For this purpose he has developed specific rehabilitation protocols for recovery from back problems and knee injuries or surgery, which are being used in hospitals and professional sports clubs.

His client list includes teams and athletes from Chelsea FC, Chelsea Academy, Arsenal, Fulham FC, Blackburn, Crystal Palace, Queens Park Rangers, West Ham, Watford FC, Ipswich Town FC, London Wasps, Bath FC, London Irish, Harlequins, and the RFUW, the English Institute of Sport, GB Bobsleigh and a host of international and recreational tri-athletes and track & field athletes.