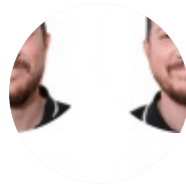


June 21, 2025

EM380: CLINICAL REASONING ED ESERCIZIO PER IL LBP



BEN CORMACK

This is NOT “just another back pain course or exercise course.” Fundamentally, it is an active, patient-centered approach to rehabilitation, supported by the key clinical reasoning for optimal rehabilitation, presented by world-renowned clinical physical therapist BEN CORMACK.

We eliminate the excessive coaching and complication of many past rehabilitation approaches and use the BPS model to open up new possibilities for working with patients through both interaction (education and communication) and action (movement).

Approach rehabilitation from a truly biopsychosocial perspective. We do this specifically through the lens of low back pain in this course, but it applies to many MSK problems.

Be prepared to discuss, move, and maybe even challenge your prejudices. This is not a series of exercises that you could have simply watched on YouTube, better understood the research, improved communication, improved clinical reasoning, and eliminated the 'useless fluff. It goes far beyond sets, repetitions, and technique that often do not apply well to treating people with pain anyway

Will provide you with a flexible clinical framework that can be adapted to all types of patients, particularly those with back pain, but with principles that can be adapted to all areas of the body and humans in general



30 Seats



€499.00



16 Hours



20,3 ECM

INTENDED FOR

Doctors,
Physiotherapists,
Students in
Physiotherapy

PAYMENTS

Deposit €200.00 within 7
days from the
registration

Balance €299.00 by date
May 30, 2025

Total: €499.00

CALENDAR

21-22 June 2025

LANGUAGE

English with Italian
consecutive translation

EARLY BOOKING up to 21/05/2025: 449.00€ (50.00€ OFF!)

Course organized in cooperation with HealthHub www.healthhub.it

COURSE LOCATION:

Brescia - Edumed Formazione

SCHEDULE

Day 1

09:00 - 10:00 Lecture 1

Introduction and general principles

10:00 - 11:00 Lecture 2

Implementing communication and improving subjective evaluation

11:00 - 13:00 Lecture 3

Pain and exercise - When is it useful and which exercises to choose? Clinical reasoning tools

12:00 - 14:00 Lunch

14:00 - 15:00 Lecture 4

SPECIFIC or ASPECIFIC approach to exercise prescription?

15:00 - 16:00 Practical 1

Creating a movement experience

16:00 - 17:00 Practical 2

Exercise dosage, the secret to success

17:00 - 18:00 Lecture 5

PIP - Psychologically informed practice

Day 2

09:00 - 10:00 Lecture 6

Understanding LBP in depth

10:00 - 11:00 Lecture 7

Differences between severe (Red Flags), specific and nonspecific LBP

11:00 - 13:00 Practical 3

Exercise on subjective and objective assessment of patients with LBP

13:00 - 14:00 Lunch

14:00 - 15:30 Practical 4

Exercise with treatment proposals with exercise and education

15:30 - 17:00 Practical 5

Planning and designing effective rehabilitation programs for LBP