

## Course Information Sheet

**Course Title:** Stuart McGill's Low Back Disorders 2016, Third Edition

**Course Description:** This book is newly revised and is innovative and impeccably researched --it will change the way you approach training! The legendary Dr Stuart McGill's text will teach you how to make the best decisions when designing preventative or post-rehab programs for your clients. You'll learn how to assess your client's physical characteristics to design and implement safe and effective programs. Course includes hard-cover textbook, separate testing booklet and free, instant grading. Hard-cover, 310 pages. Third edition, 2016.

### Learning Objectives:

1. List several common sense recommendations for treating low back problems.
2. Explain why patients with back problems often continue to have pain even after treatment.
3. Identify what should be included in exercises for protecting the low back to make them more effective.
4. Explain why tissue damage that causes back pain often goes undiagnosed.
5. Identify the work related risk factors in the development of low back disorders.
6. Identify the muscles of the abdominal wall.
7. Identify the muscles involved in spinal stability.
8. Explain what happens to spinal motion during the process of disc degeneration.
9. Explain why sit-ups are not a recommended exercise for the abdominal muscles.
10. Explain why full lumbar flexion should be avoided immediately after arising in the morning.
11. Explain what is meant by the term Cross Pelvis Syndrome.
12. Explain the positive slope of improvement and its use in evaluating patient progress.
13. Identify several techniques used to teach an individual how to find and use neutral spine when performing active tasks.
14. Explain how to correctly brace the abdominals.
15. Explain the purpose of provocative testing.
16. Explain why traditional exercises for the back may not be effective.
17. Explain the "flossing" technique and when it is used.
18. Explain why the prone back extension exercise is not recommended for anyone at risk for low back injury.
19. Explain the correct form to use to perform a curl-up exercise and how to progress it from a basic to an advanced exercise.
20. Explain how to modify the side bridge for an individual unable to tolerate shoulder load.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:

[www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Stuart McGill, PhD**, is a professor at the University of Waterloo, Ontario, Canada, and a world-renowned lecturer and expert in spine function, injury prevention, and rehabilitation. He has written more than 300 scientific publications on lumbar function, mechanisms of low back injury, investigation of rehabilitation programs matched to specific categories of back pain patients, and the formulation of work-related injury avoidance strategies. He has received several awards for his work, including the Volvo Bioengineering Award for Low Back Pain Research from Sweden.

McGill has been an invited lecturer at many universities and delivered more than 300 addresses to societies around the world. As a consultant, he has provided expertise on assessment and reduction of the risk of low back injury to government agencies, corporations, professional athletes and teams, and legal firms. He is one of the few scientists who, in addition to performing research, is regularly requested by the medical profession to consult with challenging patients from around the world.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:

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**Sponsors:** N/A