

Fixing You[®] Seminars

Presented by Rick Olderman MSPT
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Module 1: Mechanics of Back Pain

Day 1

- 8:30-9:00** **Registration**
- 9:00-9:45** **Overview of the Nervous System**
Central Nervous System
Peripheral Nervous System
- 9:45-10:30** **Fascia & SNS**
Mechanoreceptors
Smooth muscle
Fascial integration
Fascial lines
- 10:30-10:45** **Break**
- 10:45-12:00** **The Pelvis**
Anatomy and muscular connections
Anterior Tilt
Posterior Tilt
Lateral Tilt/Rotation
Lab: Finding Landmarks/Assessing Function
- 12:00-1:00** **Lunch**
- 1:00- 2:00** **The Rib Cage**
Infrasternal Angle
Muscles-EO, IO, Rectus Abdominus, QL
Breathing
Effects on the spine
Lab: Finding Landmarks/Assessing Function
- 2:00-2:15** **Break**
- 2:15-4:30** **Extension Problem**
Lordotic Posture
Swayback Posture
The Role of Abdominal Muscles
The Role of the Pelvis
Postural Corrections
Lab: Assessing Extension Syndrome and Postural Corrections
- 4:30-5:00** **Discussion**

Module 1: Mechanics of Back Pain

Day 2

- 8:30-9:00 Registration**
- 9:00-9:45 Movement Practice**
- 9:45-10:30 Review of Previous Day's Material & Questions**
- 10:30-11:15 Flexion Syndrome**
Flat back Posture
The Role of Abdominal Muscles
The Role of the Pelvis
- 11:15-11:30 Break**
- 11:30-12:00 Lab: Assessing Flexion Problems**
- 12:00-1:00 Lunch**
- 1:00-2:00 Gait 1**
The role of the pelvis in Flexion and Extension Problems
Connecting the pelvis to the back via the gait pattern
- 2:00-2:15 Break**
- 2:15-4:30 Mechanical Correction & Corrective Exercises**
Extension Problems
Flexion Problems
- 4:30-5:00 Discussion**