



canfitpro 2017

Low Back Fundamentals

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KEY QUESTION TO ASK: GOOD DAYS VS. BAD DAYS?

- Identify the factors.

CAPACITY VERSUS DEMAND

- Build the capacity to meet the demand of everyday living.

ASSESSMENTS

T. L. C. Approach

Triggers pain

- Identify the **POSTURES**, **MOTIONS** and **LOADS** that cause pain.

Lessens pain

- Identify the **POSTURES**, **MOTIONS** and **LOADS** that remove pain?

Capacity

- Where are the capacity deficits and opportunities to build capacity?

POSTURES, MOTIONS and LOADS

1. Sitting (**POSTURE**)

- Flexion and extension of spine and neck (**MOTIONS**)
- Compression - Hands under chair (**LOADS**)

2. Standing (**POSTURE**)

- Heel drop (**LOADS**) with flexion and extension of the neck (**MOTIONS**)
- Extension and rotation (**MOTIONS**) - Bilateral and unilateral (**LOADS**)

3. Wall Plank

- Lumbar and hip flexion and extension (**MOTIONS**)



Specific Activities

- What is their capacity to execute their primary activities of daily living?
 - Ask the client what they do on a daily basis.
 - Observe the client executing that and other daily tasks such as:
 - Walking
 - Brushing teeth and/or shaving
 - Picking up a heavy object from the floor

Capacity

Biering Sorenson / Core Endurance Test

- Decreased torso extension endurance predicts those who are at greater risk for future back troubles (Biering-Sorenson, 1984).
- Balance of endurance between torso flexors, extensors and lateral musculature are correlated with a lower incidence of chronic lower back pain (McGill, 2004).

Tolerate Load

- Adding load / Compression to movement patterns creates pain

Tolerate Shear

- Prone instability test (Hicks et al 2005)



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Low Back Fundamentals - November 7-8th, 2017

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