

Evening lecture

Ben Cormack's Therapeutic movement & exercise קורס און ליין – 3 מפגשים (5,12,19.1.2020)

This is NOT just another exercise course about sets and reps! It is about applying movement and exercise to people in pain.

Exercise and movement are fantastic tools to help our patients but the complexity and uncertainty often present in clinical practice can make its application tough especially with painful problems!

What's the best exercise? Will my patients enjoy or even do it? What if I underload, overload or even make them worse? What does the evidence say I should do? How do I communicate this with my patients?

Couple this with many of the current concepts in exercise & fitness simply not applying well to people in pain and this can be frustrating for therapists and patients alike. .

The amount of information out there on this subject can be overwhelming, confusing and time consuming to process and we need to learn how to cut through the noise quickly to get to what really matters to help our patients.

Functional therapeutic movement enables you to navigate this uncertain environment by guiding you in making sense of the evidence around exercise and its application, in a way that will practically apply to your patients in clinic straight away.

קורס שלושה מפגשים ON LINE
תאריכים: 5,12,19 לינואר 2020
בשעות: 17:00 - 21:00

מחיר לחבר עמותה: 700 ש.ח.
מחיר ל"לא חבר": 1100 ש.ח.

[לבדיקת תוקף חברות וחידוש – לחצו כאן](#)

[להרשמה ותשלום – לחצו כאן.](#)

לו"ז הקורס:

All sessions are 5-9pm Israeli time

Session 1 – 5th January

- Cor-Kinetic Key treatment principles
- Using evidence-based medicine in practice
- Exercise & pain – How does it work?
- Clinical reasoning – What, when & how much?

Session 2 – 12th January

- Subjective assessment
- Communication
- Pain
- Education including pain

Session 3 – 19th January

- Best practice & key data in LBP
- Diagnosis and assessment
- Navigating Non-specific LBP
- Exercise for lower back pain

Bio

Ben Cormack owns and runs Cor-Kinetic. He is a musculoskeletal therapist with a clinical background in sports therapy, rehabilitation, pain science & exercise stretching back 15 years. He specialises in a movement & exercise based approach with a strong education component and patient centred focus.

Ben is a popular international presenter who has delivered conferences presentations and courses all over the world.