סילובוס + קורס חיים על המנהט

קורס קליני: גישה אינטגרטיבית לאלבחת意見
בשילוט מוטורי תקיעה ובאובדן בשדרה המותנית

LUMBOPELVIC MOTOR CONTROL
An Integrated Approach to Clinical Assessment and Treatment of Motor Control Dysfunction in Low Back Pelvic Pain

בכתיבת בהנחיית

Prof. Paul Hodges - DSc PhD MedDr BPhy FACP, Professor & NHMRC Senior Principal Research Fellow
The University of Queensland, Brisbane, Australia

3 ימים: ה’– ה’ (30.10.12-28.11.12)
הקורס יועבר בשילוב עם טכניות פיזיותרפיסטים/ת

 partagerшениеoka יפות של המנהט עד!!! 31.8.12!!

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הדממה + דיו + תרגול משותף

**עון / הרצה**

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<tr>
<th>Day 1</th>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>8.00-8.30</td>
<td>Introduction – the issues</td>
<td></td>
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<tr>
<td>8.30-10:00</td>
<td>Dynamic control of the spine (Lecture)</td>
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<tr>
<td>10.00-10.30</td>
<td>Coffee</td>
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<tr>
<td>10.30-11.30</td>
<td>Relationship between motor control and pain/dysfunction (Lecture)</td>
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<tr>
<td>11.30-12.30</td>
<td>Designing a comprehensive treatment program for low back and pelvic pain (Lecture)</td>
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<tr>
<td>12.30-1.30</td>
<td>Lunch</td>
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<tr>
<td>1.30-2.45</td>
<td>Assessment &amp; training of Muscle activation: Anterior trunk muscles (Discussion/demonstration/practical)</td>
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<td>2:45-3:00</td>
<td>Coffee</td>
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<tr>
<td>3.00-4:00</td>
<td>Assessment &amp; training of Muscle activation: Posterior trunk muscles (Discussion/demonstration/practical)</td>
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**מחירים מיוחדים להזרמת העמודה / בהרשמה מוקדמת - עד 31.8.2012**

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<table>
<thead>
<tr>
<th>Time</th>
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| 8.00-9.00  | **Muscle activation review**  
(Discussion/demonstration/practical)                                                          |
| 9.00-10.00 | Assessment of **Posture**: identification of treatment priorities  
(Discussion/demonstration/practical)                                                        |
| 10.00-10.30| Coffee                                                                                     |
| 10.30-11.30| Training of **Posture**: Problem solving approach to technique selection  
(Discussion/demonstration/practical)                                                       |
| 11.30-12.30| Assessment of **Movement**: Identification of treatment priorities  
(Discussion/demonstration/practical)                                                        |
| 12.30-1.30 | Lunch                                                                                      |
| 1.30-2.45  | Assessment of **Movement**: Specific movement tests  
(Discussion/demonstration/practical)                                                        |
| 2.45-3.00  | Coffee                                                                                     |
| 3.00-4.00  | Training of **Movement**: Problem solving approach to technique selection and subgrouping  
(Discussion/demonstration/practical)                                                        |
Day 3

8.00-9.00  Posture, movement and subgrouping review (Discussion/demonstration/practical)
9.00-10.00 Static exercise progression: Assessment and training (Discussion/demonstration/practical)
10.00-10.30 Coffee
10.30-11.30 Dynamic exercise progression: Assessment and training (Discussion/demonstration/practical)
11.30-12.00 Functional progression: Assessment and training (Discussion/demonstration/practical)
12.00-1.00 Lunch
1.00-2.30 Barriers to treatment: Assessment and training (Discussion/demonstration/practical)
2.30-2.45 Coffee
2.45-3.15 Effects of training and evidence of efficacy (Lecture/discussion)
3.15-4.00 Discussion & case presentations

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**Brief CV of Paul Hodges**

Paul Hodges is a Professor and NHMRC Senior Principal Research Fellow in the Division of Physiotherapy at the University of Queensland and Director of the NHMRC Centre of Clinical Research Excellence in Spinal Pain, Injury and Health.

Paul has doctorates in both physiotherapy and neuroscience and his work blends neurophysiological and biomechanical methods to understand the control of movement and stability and how this changes when people have pain. In both 2006 and 2011 Paul was awarded the ISSLS Prize from the International Society for the Study of the Lumbar Spine. This is the premier international prize for back pain research.

In 2010 he received the Achiever Award from the National Health and Medical Research Council as the highest ranked Research Fellow across all disciplines in Australia. His primary research interests include investigation the relationship between pain and motor control; the coordination of the multiple functions of the trunk muscles; the effect of exercise in interventions on musculoskeletal pain; and the biomechanical mechanisms for control of the spine.

In addition to his research in Brisbane, Paul has ongoing collaborations with laboratories in Sydney, Melbourne, Sweden, USA, the Netherlands, Denmark and South Africa. He has published more than 250 peer reviewed papers and book chapters, presented >120 invited lectures at major conferences in 30 countries and received more than AU$22 million in research grants from the NHMRC, ARC and International research funds.

**Selected Recent Publications**


*Winner of the 2006 ISSLS Prize (Basic Science)*


Barker, P.J., Guggenheimer, K.T., Grkovic, I., Briggs, C.A., Jones, D.C., Thomas,

Smith, M. D., Russell, A., **Hodges, P.W.** (2006) Disorders of breathing and continence have a stronger association with back pain than obesity and physical activity. *Australian Journal of Physiotherapy*, 52:11-16. IF=0.918


Tsao, H., **Hodges, P.W.** (2007) Immediate changes in feedforward postural adjustments following voluntary motor training. *Experimental Brain Research*, accept 03/07