

NEW NEW NEW NEW NEW

CHRONIC LOWER BACK PAIN



"Means Exercise Referral"

**CHRONIC LOWER
BACK PAIN
(3 days)**

**SPECIALIST
COURSE**

**26 - 28 JUL PRESTON, Lancashire
06 - 08 SEPT HULL, E Yorkshire**

COST: £295 + VAT

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SPECIALIST COURSES

A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

COURSE CONTENT INCLUDES:

- Aetiology & Prevalence
- Aetiology
- Prevalence
- Review of Spine Anatomy
- Programme Design 1
 - ◊ Cat Camel (warm up activity)
 - ◊ Curl Ups (rectus abdominus)
 - ◊ Side Bridge
 - ◊ Swiss Ball
- Psychological Considerations
 - ◊ Yellow Flags
 - ◊ Transtheoretical Model of Behavioural Change
 - ◊ How the Stages Differ: The Processes Being Used Are Different
 - ◊ Major Methods in Self-Directed Behavioural Change
- Barriers to Exercise Behaviour
 - ◊ Themes in Understanding Barriers to Exercise
 - ◊ Consistently reported barriers to supervised programmes of Exercise
- Maintaining Behaviour Change: The Problem of Adherence
 - ◊ Goal Setting Approaches
 - ◊ Reinforcement Approaches
 - ◊ Decision Making Approaches
 - ◊ Relapse Prevention Approaches
 - ◊ Stimulus Control Approaches
- Social Support in Exercise Promotion
 - ◊ Variations in Definition of Social Support
 - ◊ Themes in Understanding Social Support
- Conclusions
- Physiological Considerations
 - ◊ Red Flags
- Programme Design 2
- Homework
- Exercise Prescription for Back Pain
- Homework Review
- The Referral Form
- WHO's Pain Relief Ladder
- Post Intervention Activity Guide
- Course Summary and Case Study
- Summation
- The Case Study
- Reference List
- Appendix A: Conditions of the Spine
- Appendix B: The Roland-Morris Disability Questionnaire



Course assessments

Attendance during all sections of the Course, on all three days, is compulsory. The knowledge and skills attained on the Course will be assessed in the following ways (both sections must be passed in order for the qualification to be awarded):

- a. Multi-choice PRE-COURSE READING Examination
- b. Day 2 Homework Task taking 45-60 minutes approx. To be delivered 09.00 hrs on third day.
- c. CASE STUDY to be completed and submitted no later than 4 weeks after course has concluded

CHRONIC LOWER BACK PAIN (3 day course)

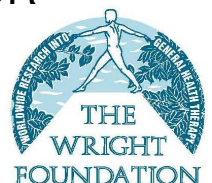
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Course PRICE: £295 + VAT

Specialist Course subjects follow on from the initial Foundation learning. They give a learning opportunity for exercise professionals (Referral Programme Consultants) to further their knowledge and expertise. Each subject will gain (subject to approval) CPD credits for the Register of Exercise Professionals (REPs).

PREREQUISITE QUALIFICATIONS

WRIGHT Foundation or **OTHER** REPs/SKILLSACTIVE APPROVED EXERCISE REFERRAL QUALIFICATION OR EQUIVALENT.



SPECIALIST COURSES

*A NEW ADVANCE IN EXERCISE REFERRAL TRAINING
AND QUALITY STANDARDS*

We also offer Specialist Courses in the following areas...

CARDIAC REHABILITATION PHASE IV
MEETING THE NEW NATIONAL STANDARDS

PULMONARY REHABILITATION COURSE
“in the community”

MENTAL HEALTH

OBESITY & DIABETES

**Check our website for full information
and Course Dates**

www.wrightfoundation.com

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WRIGHT Foundation
UK Wide National Seminars**

**Exercise Referral - Obesity & Diabetes - Cardiac Rehabilitation
Children & Youth Obesity - Mental Health
Pulmonary Rehabilitation - Lower Back Pain**

Look out for Further Information

