

Functional Therapeutic Movement

By Ben Cormarck



- **Dates:** 11-12 July 2020
- **Directed to:** Physiotherapist
- **Timetable:** Saturday 9:00 – 17:00 / Sunday 9:00 a 16:00
- **Price:** 390 € / 360 € for early bird before 15th April 2020
- **Place:** Barcelona (Spain)
- **Language:** English (with live translation into Spanish).

*If interested send an email to: info@centroinspira.es

Introduction:

Functional therapeutic movement is an engaging & practical course directly applicable to real world clinical practice. Its aims are to build confidence and competences for ALL health professionals in using exercise, activity and movement across the spectrum of clinical presentations with a focus on back and lower limb issues.

This is NOT JUST another course showing you some new exercises or zeroing on a single body part. Rather than just focusing on anatomy and pathology it is about better understanding and helping patients right across the biopsychosocial spectrum.

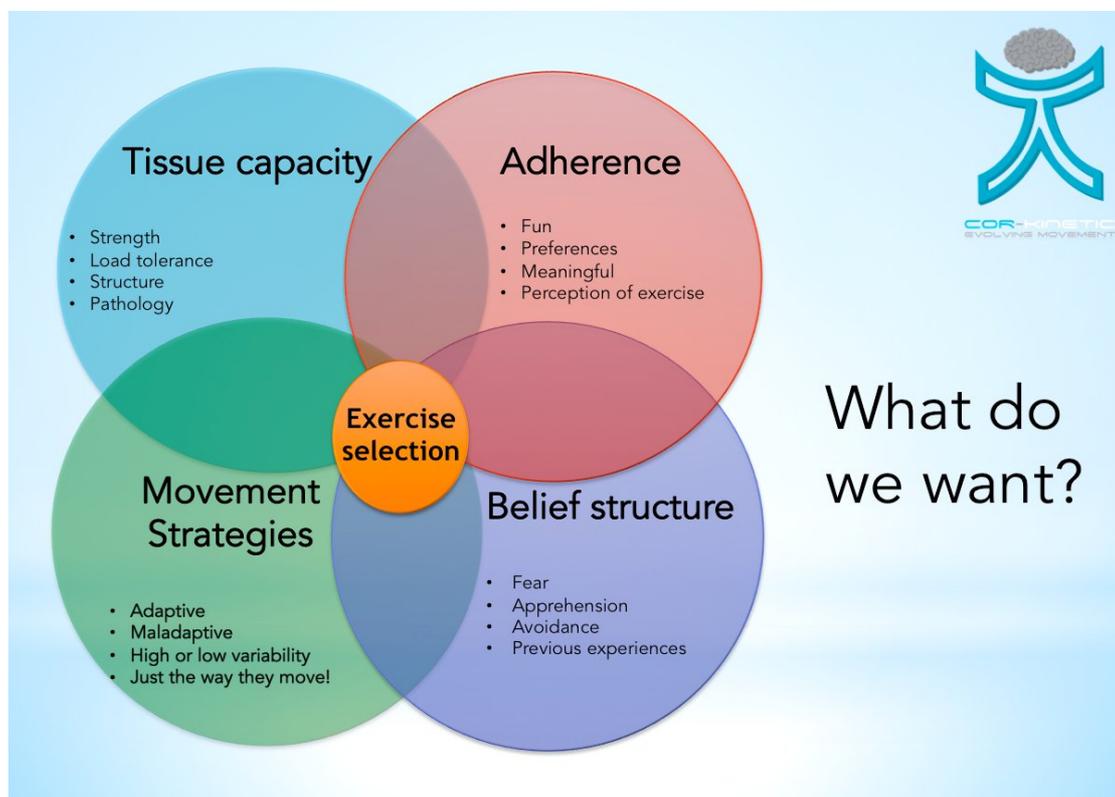
The FTM course focuses on integrating current science and evidence around pain and exercise within your current practice. This enables you to be authentic and genuine to your way of working without having to learn some new method or throwing out everything you have learned.

This course promises to be fun and cut through some the confusing information out there around treatment for a slimmed down, patient focused approach for those tired of over complicated technique and adjunct courses.

This course is applicable for anybody working with people with injury or pain. Physiotherapists, Sports therapists, Osteopaths, Chiropractors, S & C coaches, Personal trainers, Massage therapists.

- Use a flexible, adaptable and simple to implement clinical framework to help navigate the uncertainty of clinical practice from patients with persistent pain to elite athletes.
- A look at pain and exercise through a truly biopsychosocial lens.

- Take the complication and rigidity out of exercise prescription – Make it fun and engaging for YOU and your patient. Forget a physio tools or photocopied exercise sheet approach.
- Take the mystery out of exercise prescription- when do you need to be specific? And when less so? Learn a comprehensive view of exercise that is more than just sets and reps.
- How to sell your patients on exercise – A key factor in rehab success
- Learn what you need to know about the psychology of pain and exercise without needing to become a psychologist.
- Learn about pain and how to talk about it without needing to be a neuroscientist. More patient focus and less biology!
- Concise and practical reviews of the latest research into pain and exercise to save you time and energy! Perfect for the busy clinician who doesn't have the time to wade through every piece of new information coming out
- How to improve your subjective assessment. How to get all the information and 'find the hook' that guides patient beliefs, emotions and commitment to rehab.
- Latest evidence and best practice guidelines for treating low back and lower limb pain



Program:

Day 1

- Intro and key course concepts
- Exercise & evidence. Whats the data and how do we sell it to our patients?
- A modern approach to pain & why, how and when to use pain education.
- How does exercise help pain? How does this guide us?
- A constraints based approach to movement and a movement masterclass on current movement & loading concepts.

Break for lunch

- Overview of current best practice and multi factorial nature of LBP
- Evidence review of current exercise treatments for LBP
- Evidence review of movement habits of LBP patients
- Practical class - rehab for LBP
- Designing effective rehab programs for LBP

Day 2

- Lower back case studies
- Beliefs and expectations – How do they affect treatment?
- Effective goal setting
- Barriers to adherence for home exercise programs

Break for Lunch

- Evidence based ankle and knee practical rehab
- Designing effective ankle and knee rehab programs



**Information, advice,
reassurance &
overcoming belief
barriers**



**Graded return to
activities
(especially
cherished ones)**



**Specific
exercise(s)**



"FUNCTIONAL THERAPEUTIC MOVEMENT IS WITHOUT A DOUBT ONE OF THE MOST PRACTICAL, WELL REFERENCED, CLINICALLY RELEVANT, AND BENEFICIAL CONTINUING EDUCATION COURSES I'VE TAKEN. BEN HAS A LIVELY PRESENTATION STYLE THAT KEEPS YOU ENGAGED, A GOOD SENSE OF HUMOR, AND CLEAR MASTERY OVER HIS CONTENT. THE COURSE IS RELEVANT AND VALUABLE FOR YOUNG AND EXPERIENCED CLINICIANS ALIKE. BE SURE TO COME PREPARED FOR DISCUSSION AND PLENTY OF CRITICAL THINKING!"

Dr Jarod Hall (PT, USA)

"Ben's Functional Therapeutic Movement course mixes up to date research, delivered in a digestible way. The weekend provided real world, pragmatic, "apply Monday morning in clinic" skills which is a rarity from CPD weekends. I highly recommend this course for all health professions working in MSK, no matter how many years qualified."

Rob Tyer - Extended Scope Physiotherapist

Lecturer:



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.

Interesting Links:

Physio matters podcast. <https://www.youtube.com/watch?v=SbfTZWaCQa0>

HET Podcast <https://www.youtube.com/watch?v=M32OXvN3Sqs>

Course video <https://www.youtube.com/watch?v=WI92DljA-8I>

Patient focused resources:

Common sense movement guidelines <https://cor-kinetic.com/common-sense-exercise-movement-guidelines-now-downloadable/>

What patients need to know about back pain
<https://www.youtube.com/watch?v=bNmH3k5ANqw>

Living well with pain booklet <https://cor-kinetic.com/wp-content/uploads/2019/01/living-well-with-pain-digital-compressed.pdf>