

“Back on Track” Class
By:
Kathleen Anderson, PT, CPT, CCS
BodyWorks, Inc.

Class Outline:

WEEK 1:

- Introduction: “What is Back Pain?”
- Anatomy of the spine
- Shape of the Spine
- Causes of Back Pain
- Posture and biomechanics
- Posture Correction
- Exercises (Standing and lying down)

WEEK 2:

- Causes of Back Pain
- Treatment of Back Pain
- Treatment of Acute Pain
- Prevention of Future Injury
- New Exercises (Standing, Supine, Prone, use of bands and balls)

WEEK 3:

- Chronic Vs. Acute Back Pain
- Treatment of Chronic Pain
- Medications Update
- Flexibility Exercises/Breathing Exercises/Relaxation techniques
- Exercises (standing, lying down, ball exs.)

WEEK 4:

- Core Stabilization and the Muscles (Advanced exercises)
- ADL (Activities Daily Living) Techniques
- Postures and Ergonomics
- Exercising with Weights, Nautilus, and Bands (Sitting, Standing, and Mat)
(Home and gym equipment)

WEEK 5:

- Back Care–Quiz and Satisfaction Survey
- Pool Program at Armfield Center
- Questions