

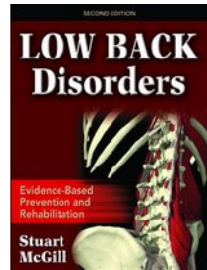
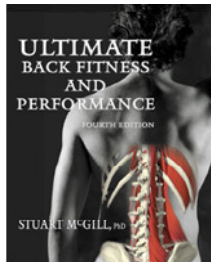
# Building the Ultimate Back: From Rehabilitation to High Performance

by Dr. Stuart McGill

May 12th, 2012—May 13th, 2012

## Building the Ultimate Back Course

This 2 day combination workshop/lecture series will update the participants on the newest research and developments in lumbar spine function, how it becomes injured and the best evidence based practice to rehabilitate. Optimizing patient healing and building the ultimate back will be the focus by applying this knowledge in the rehabilitation setting, workplace, and on the sports field.



**Dr. Stuart McGill**

Dr. Stuart McGill is a professor at the University of Waterloo. He is a renowned biomechanist, specializing in spine function, injury prevention and rehabilitation. His publications regarding lumbar function, low back injury mechanisms, tissue loading and rehabilitation programs are used in every day treatment and training for performance by every population by Allied Health Professionals. He is a consultant to many medical management groups, professional sports teams and athletes, governments, corporations, and legal firms.

## Foundation of the Course

***Building the Foundation:*** Dispel the myths about how the spine works and becomes injured.

***Reducing the Risk of Injury:*** No clinician can be successful without removing the cause of back troubles in patients.

***Assessment of the Patient/Athlete and of the Task:*** This formalizes provocation tests to determine what postures, motions, and loads exacerbate the pain/dysfunction. Various movement assessments and non-traditional tests are introduced. Workshop enhances assessment skill.

***The Science of Spine Stability:*** Graded stabilization exercise will be developed and work shopped. Special issues regarding abdominal “hollowing” and “bracing”, together with several muscle activation patterns will be discussed.

***Rehabilitation Exercise: Biomechanics and Clinical Practices:*** This component of the course will quantify exercises for their spine loading, muscle usage, and stabilizing potential. Algorithms for choosing the best exercise approach for each individual are provided, including corrective and therapeutic exercise.

***Training for Performance:*** Training the back for performance requires different approaches and objectives than training to fulfill rehabilitation objectives. Progressions will be discussed from establishing motor control patterns, through to stability, endurance, strength, power, and agility.

***The Final Transition to Ultimate Performance:*** This last section shows how the best transition from general training to sport/activity specific performance enhancement. In addition several of the “tricks” used for super stiffness, neuronal overflow redirection etc, are explained and work shopped.

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## Who is this course for?

This course is open to Physical Therapists, Athletic Trainers, Personal Trainers, Strength Coaches, Chiropractors and Physicians.

## Cost:

Register by March 9th, 2012: \$550

Register after March 9th, 2012: \$700

Hurry, registration is limited! Refreshments will be provided.

## How to Register?

Call Higher Power Training at (952) 942-6320 and register over the phone. Credit card info is safe and secure. If you have any questions email [jill@higherpowertraining.com](mailto:jill@higherpowertraining.com)

## Cancellation Policy:

Cancellations will be accepted until May 4th, 2012 with a \$100 fee assessed. However if a replacement course participant is found, no fee will be assessed.

## Hotel Information:

Hilton Garden Inn  
6330 Point Chase  
Eden Prairie, MN 55344  
**952-995-9000**



## Course Date:

Saturday, May 12th: 12pm-8pm

Sunday, May 13th: 9am-4pm

## Course Host and Location:

Higher Power Training  
10360 West 70th St.  
Eden Prairie, MN 55344  
[Higherpowertraining.com](http://Higherpowertraining.com)

## Course Contact:

Jill Neubauer  
[jill@higherpowertraining.com](mailto:jill@higherpowertraining.com)

## CEU's:

CEU's will be provided. Please contact us to see if CEU's are provided for your organization.

