



DIAGNOSTIC WORKSHOP SERIES: SPINAL CONDITIONS 1



What will I learn?

Do you lack confidence in diagnosing and prescribing exercises to a client who has a back complaint? Our Spinal Conditions workshop is taught by Physiotherapists who will help advance and develop your understanding of spinal anatomy and common conditions. The day is theory and practical based and is packed with ideas. It will expand your knowledge and skills of back pain and give you the confidence to adapt exercises or run a class specifically for Back Care. This workshop is ideal for those who work alongside health professionals or have their own Pilates practice.

Course Content:

The workshop will explore and discuss the following:

- ~ Advanced spinal anatomy
- ~ Common spinal conditions including:
 - Spondylosis/arthritis conditions
 - Prolapsed disc
 - Piriformis syndrome
 - Osteoporosis
 - Scoliosis

Prerequisites:

Students must meet the prerequisites prior to applying:

- ~ Hold CYQ level 3 or equivalent qualification
- ~ Currently teaching Pilates classes on a regular basis

Will I receive a certificate?

You will receive Professional Fitness & Education 'Certificate of Attendance' on the day.

Please contact us if you would like more details about the workshop or would like to book your place:

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