

THE CORE: SO MUCH MORE THAN STABILITY WITH JESPER DAHL

SATURDAY 13TH APRIL 2019
COPTHORNE HOTEL, NEWCASTLE NE1 3RT

EVENT OUTLINE

An apple a day has always kept the doctor away—but what happened to the core...?

This event will consider what has changed from when successful 'engagement' of the core muscles was considered the 'holy grail' of rehabilitation and prevention of low back pain. We will explore how the beauty of this principle now lies in the detail and how being able to assess a patient's ability to use these muscles in integrated patterns is an equally useful tool for diagnosis as well as monitoring progress of rehabilitation. We will consider the following:

- No longer the TA and/or Multifidus
- Don't suck in your tummy or hold your breath!
- What does 'Engagement' even mean?

and learn about tools for assessment and techniques for treatment that fit straight into your existing rationales and routines. The content of this seminar will be equally relevant to the management of all your patients whether they are in pain and unfit, or partaking in sporting activities at the highest level.

LEARNING OUTCOMES

At the end of this seminar you will be able to

- Confidently assess if any of the four main areas affecting basic postural support are compromised.
- Know when to progress your patient beyond treatment that emphasises the central skeleton and start to include the extremities.
- Understand a basic system of kinetic chains and how they lend method to your treatment progression.

SPEAKER: Jesper Dahl FRCC (Sport)

Jesper has 30 years of clinical experience and an unending curiosity for why we are presented with certain manifestations in daily practice. Jesper believes he has found some of the answers in the research as well as in the patterns themselves. He has taught seminars on aspects of the above for over 15 years, both nationally and internationally, and enjoys applying complex physiological concepts to simple clinical applications. From 2009 to 2016 he worked as part of an international group to develop the ultimate multidisciplinary team of sports physicians and related professionals dedicated to helping professional athletes in their pursuit towards excellence. Back from travelling the world, Jesper still works with individual high-level athletes, but he now has time to convey to others the unique experience and expertise he has amassed in a busy multi-disciplinary practice over the years.

Convenor: Russell Purchon LRCC

PROGRAMME

09.00 - Registration
09.30 - Seminar begins
17.00 - Close
Lunch is included

REGISTRATION FEES

RCC Members: £99
Non-Members: £135

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****