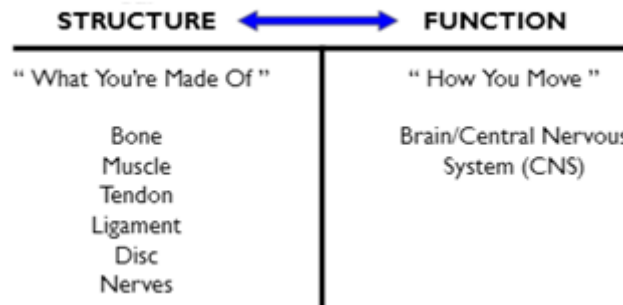


WEEK ONE

Education Topic: Structure vs Function



Resources:

Youtube- Back Pain - the elegant solution - key points. Dr David Johnson, neurosurgeon
https://www.youtube.com/watch?v=choFeKUo3_c

Youtube- Dr David Johnson - 'Changing The 'Shape' Of Spinal Surgery'
https://www.youtube.com/watch?v=x93_Hd_pZvA

Homework:

Day 1-

1. Find a broomstick
2. Be aware of how you move throughout the day,
 - Do you use the hinge pattern?
 - How good is your ability to control your neutral spine?

Day 2-

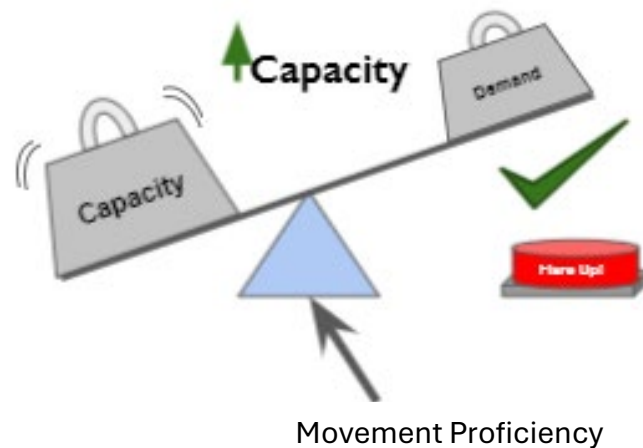
1. 15 hip hinges, 3 times per day
 - 15 hinges in the morning, lunch & evening
 - **DO NOT** do all at once
2. Accumulate 1.5 minutes of single leg balance per leg
 - Once or twice over the weekend, no need to do every day
 - Choose a sensible place to perform single leg balance, preferably close to a wall if you need to quickly restablise
3. 15 Calf Raises, for 3 times (only once or twice on separate days over the weekend)

Points of Performance

- 1. Neutral Spine**
- 2. Hip-centric Rotation**
- 3. Posterior Chain Activation**
- 4. Unloaded Knee Position**
- 5. Proficient Range of Motion**

WEEK TWO

Education Topic: Functional Capacity vs Demands



- The imperative to be able to build your functional capacity is **movement proficiency**.
- You cannot increase your capacity without a strong foundation of movement proficiency - just like building a house...this is the first step.

Homework:

Continue with:

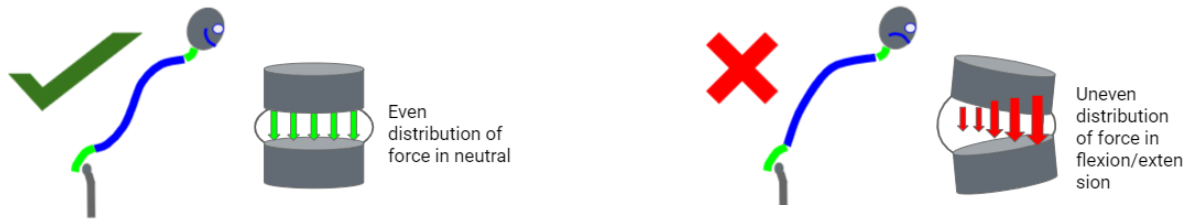
1. 20 Hip Hinges, 4 times a day
2. 15 Passovers, 4 times a day
 - Spread throughout the day e.g., morning, lunch & afternoon
 - Do NOT do all at once
3. Apply the hinge and sit to stand pattern everywhere possible
4. Be aware of shoulder positions when reaching

Extra Activities:

1. Complete 2 to 3 rounds of:
 - 10 banded walks (each direction)
 - 10 banded RDLs and
 - 10 squats to a bench

WEEK TWO

Education Topic: Neutral Spine



Homework:

Continue with:

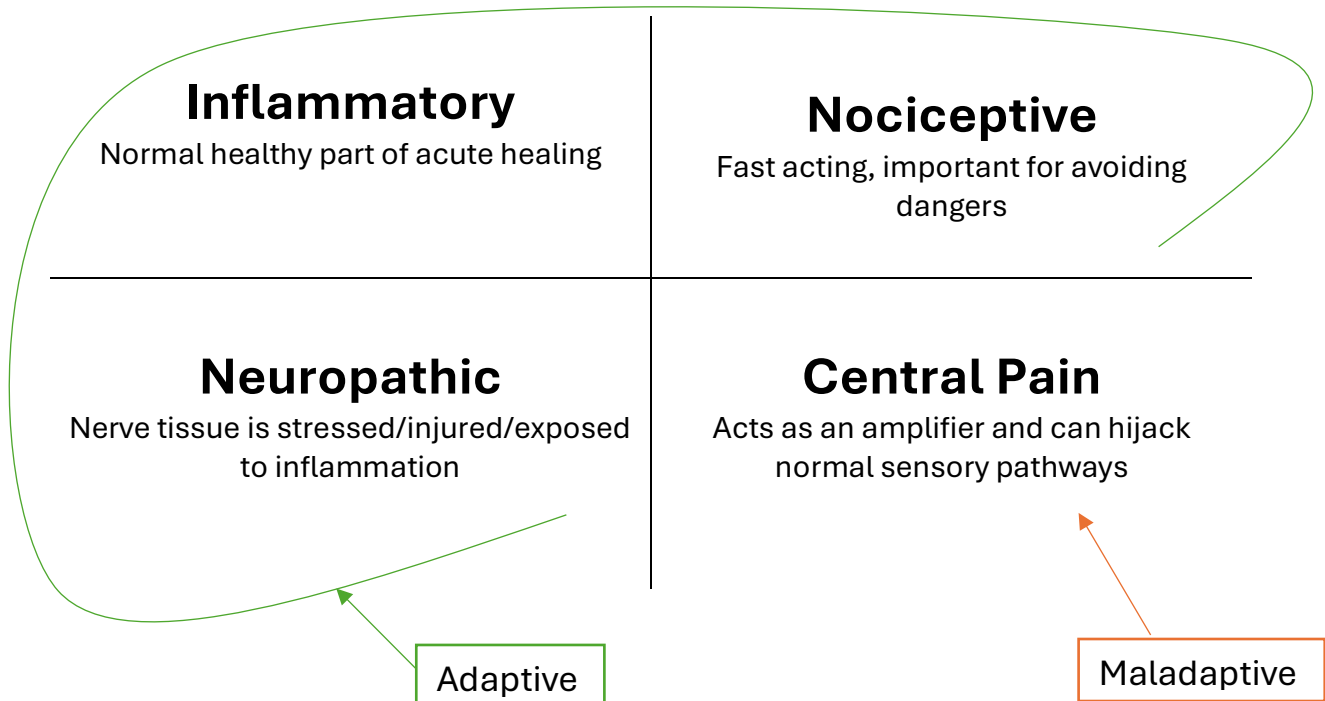
1. 20 Hip Hinges, 3 times a day
2. 10 Passovers 3 times a day
 - Spread throughout the day e.g., morning, lunch & afternoon
 - Do NOT do all at once
3. Unstack the dishwasher
 - Does not need to be the entire dishwasher (Top, bottom or whole dishwasher. Whatever you are comfortable with)
 - Remember to utilise the hinge, active shoulders and apply sit to stand wherever possible in your daily life

Extra Activities:

1. Single balance – Accumulate 1.5 minutes per leg
2. Wall angels – 10 repetitions for 3 rounds, rest as needed in between
3. Clam shells – 15 for 3 rounds, rest as needed
 - Only do these movements once or twice over the weekend
 - Choose a sensible place to perform single leg balance, preferably close to a wall if you need to quickly restablise

WEEK THREE

Education Topic: Pain Science



Resources:

Book Explain Pain
 By David S. Butler & Lorimer Moseley

YouTube Understanding Pain in less than 5 minutes, and what to do about it!
https://www.youtube.com/watch?v=C_3phB93rvI

Homework:

Continue with:

1. 20 Hip Hinges, 4 times a day
2. 15 Passovers 4 times a day
3. Unstacking the dishwashing, gradually adding more
4. Hang out washing. If it is an activity you have avoided, start with a few items of clothing, working with from **PROFICIENT RANGE OF MOTION** (may have to place washing basket on elevated surface and have someone lift the basket for you)

Extras Activities:

1. Complete 2 to 3 rounds of:
 - 10 banded walks (each direction)
 - 10 banded RDLs and

- 10 squats to a bench

WEEK FOUR

Education Topic: In-class revision of all topics covered

Homework

Continue with:

1. 25 Hip Hinges and 15 Passovers each day
2. Apply the hinge, sit to stand and active shoulders wherever possible
3. Continue unloading the dishwasher and hanging out washing (if feeling good, do a little more than previous weeks)
4. Stair climbs – Find a set of stairs, either at home or in public. Complete 3 stair climbs utilising the hinge as shown in class.

Over the weekend:

Complete a 10-minute circuit with the following movements:

- 10 x Scap push ups
- 15 x Pull aparts
- 10 x Push ups

WEEK FIVE

Education Topic: Four Pillars of Health

Nutrition Low carb, healthy fat Reduce inflammation	Movement Move well Move frequently
Sleep Recovery time Quality over quantity	Stress Recognise stressors Can be like a magnifying glass for pain

Resources:

Nutritionist Christine Cronau
 Email: admin@christinecronau.com

General Practitioner Dr Jackie Montefiore
 Sante Medical
 Ph 3554 0312

Websites www.Dietdoctor.com
www.thefastingmethod.com

Disclaimer: If your sleep or stress affects your ability to engage in daily life, please contact your General Practitioner (GP) to address this.

Homework

Continue with:

1. 25 Hip Hinges and 15 Passovers 4 times a day
2. Continue using hinge, sit to stand and active shoulders wherever possible

Over the weekend:

Complete a 10-minute weighted circuit with the following movements:

- 10 x RDL (weighted hinge)
- 10 x Alternating lunges
- 10 x Bent over rows
 - Use whichever weight you are comfortable with and allows you move proficiently

WEEK SIX

Education Topic: Where to from here?

NeuroHAB Repeat	CDM Plan Privates
6wk repeat <ul style="list-style-type: none"> • Fee reduced • Finding foundational movements challenging 3wk Repeat <ul style="list-style-type: none"> • Finding circuit and building capacity challenging 	Additional 5 Private consults <ul style="list-style-type: none"> • If you don't have private health an <i>CDM (Chronic Disease Management) plan</i> will cover some of the cost • There is a gap fee for this appointment of \$35
NeuroMOVE	Independent
Next progression with capacity building <ul style="list-style-type: none"> • Assists with the transition into your home/local gym training Learn new skills and use additional equipment	Feel confident with applying all the movements Have a plan to continue after the program Can stay motivated and diligent

**We will send you the required information based on the recommendations by the therapists.*

NeuroMOVE Timetable:

Monday: 3pm – 3:45pm
Tuesday: 7:30 – 8:15am
Wednesday: 3pm – 3:45pm
Thursday: 1:30pm – 2:15pm
Friday: 7:30am – 8:15pm **and** 11am – 11:45am

Homework- Continue as per usual from the previous week

Activity- Think about your plan after the program finishes

WEEK SIX

Congratulations you have made it to the final week

Homework- Continue as per usual from the previous week

Activity- Think about your plan after the program finishes

Congratulations on completing our NeuroHAB program. It is incredibly rewarding as therapists to be a part of your back pain recovery journey. By the end of the program, each patient is at a unique stage of recovery. Our team will contact you during the upcoming week to recommend your next step forward. Please respond to this email if you would like to continue your therapy with us.

Please contact us at info@fmtc.com.au if we can be of any assistance to you in the future.

Move well. Move often.

List of Resources:

Youtube-	Back Pain - the elegant solution - key points. Dr David Johnson, neurosurgeon https://www.youtube.com/watch?v=choFeKUo3_c
Youtube-	Dr David Johnson - 'Changing The 'Shape' Of Spinal Surgery' https://www.youtube.com/watch?v=x93_Hd_pZvA
Book-	Explain Pain By David S. Butler & Lorimer Moseley
Youtube-	Understanding Pain in less than 5 minutes, and what to do about it! https://www.youtube.com/watch?v=C_3phB93rvI
App-	Curable: A different approach to Chronic Pain
General Practitioner-	Dr Jackie Montefiore Sante Medical Ph 3554 0312
Websites-	www.Dietdoctor.com www.thefastingmethod.com