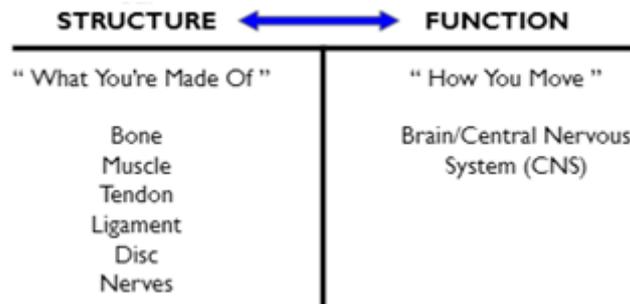


WEEK ONE

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-

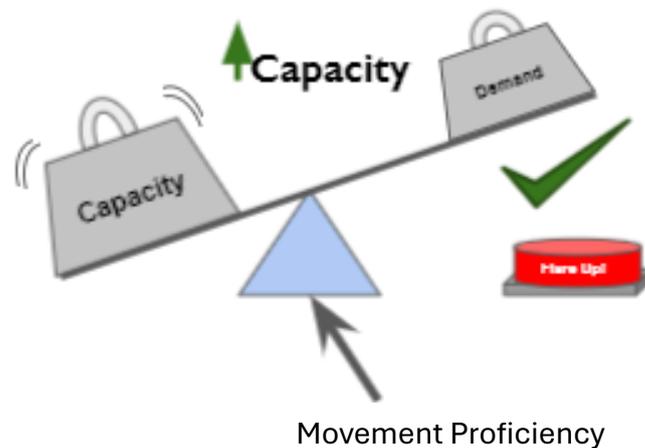
1. 10 hip hinges, 3 times per day
 - 10 hinges in the morning, lunch & evening
 - Do not do 30 at once
2. Accumulate 1 minute of single leg balance per leg
 - Once or twice over the weekend, no need to do every day
 - Choose a sensible place to perform single leg balance, preferably close to a wall if you need to quickly restablise.

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.

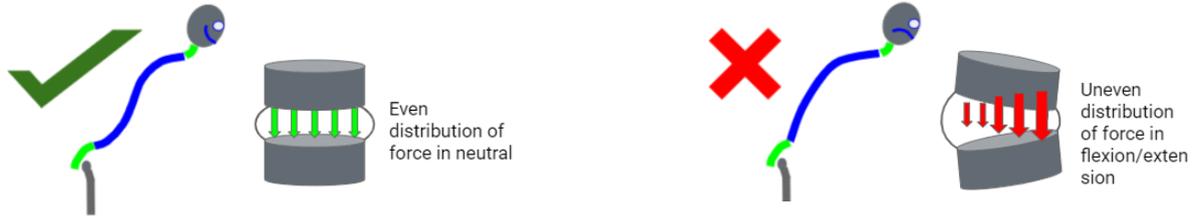
Homework:

Continue with:

1. 15 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. Apply the hinge and sit to stand pattern everywhere possible
4. Be aware of shoulder positions when reaching

WEEK TWO

Education Topic: Neutral Spine



Homework:

Continue with:

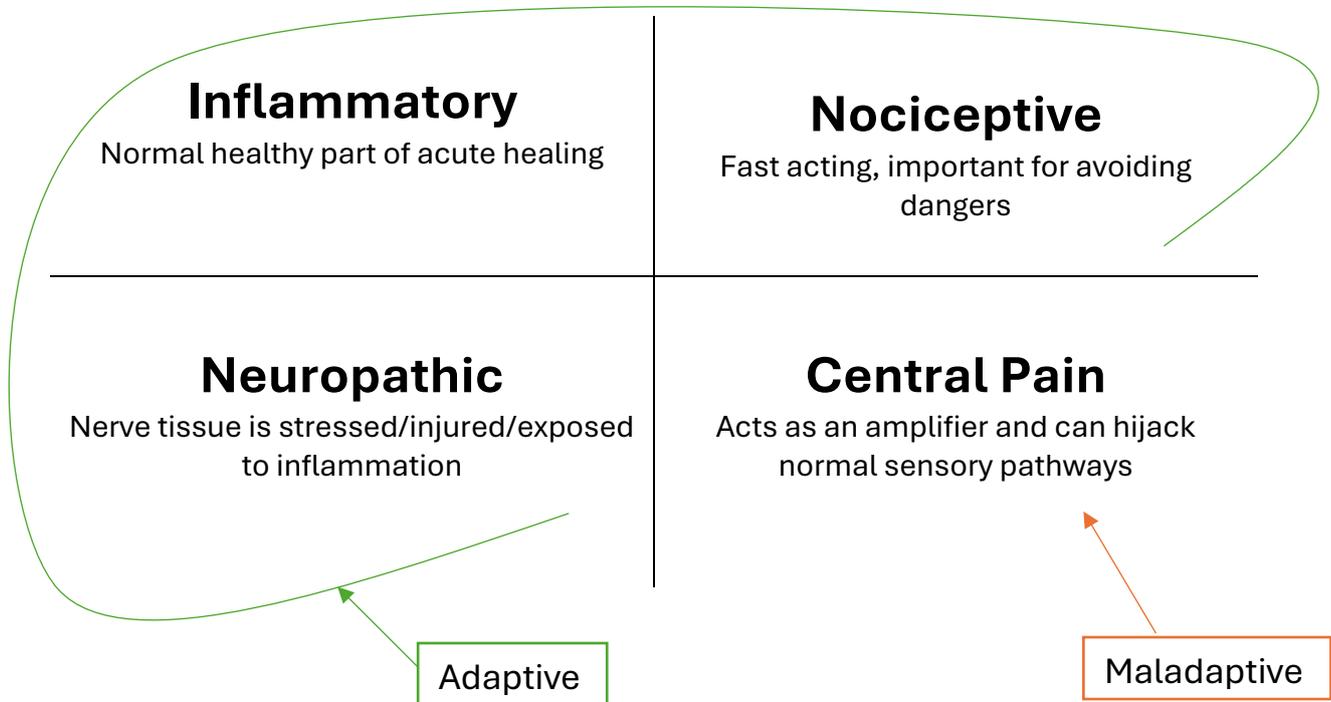
1. 15 Hip Hinges, 3 times a day
2. 10 Passovers 3 times a day
 - Spread throughout the day e.g., morning, lunch & afternoon
 - Do NOT do all at once
3. Unstack the dishwasher
 - Does not need to be the entire dishwasher (Half of the top drawer is enough if this is an activity you have avoided)
 - Remember to utilise the hinge, active shoulders and apply sit to stand wherever possible in your daily life

Extras Activities:

1. Single balance – Accumulate 1 minute per leg
2. Wall angels – 10 repetitions for 3 rounds, rest as needed in between
 - 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, 3 times a day
2. 15 Passovers 3 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:

5. Single balance – Accumulate 1.5 minutes per leg
6. Clam Shell – 15 repetitions for 3 rounds, rest as needed in between

WEEK FOUR

Education Topic: In-class revision of all topics covered

Homework

Continue with:

1. 20 Hip Hinges and Passovers 4 times a 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. Try some step ups at home (10 step ups on each leg, twice), use a step with handrail to help with balance. Focus on utilising the hinge pattern when stepping up and down.

Over the weekend:

Complete an 8-minute circuit with the following movements:

- 15 x Calf Raises
- 10 x Wall angels
- 20 x Shoulder taps

WEEK FIVE

Education Topic: Four Pillars of Health

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

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 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 Pull aparts
- 45 sec Farmers Carry Hold
- 10 x Push Ups (Use stable elevated surface, such as a benchtop)
 - Use whichever weight you are comfortable with and move proficiently

WEEK SIX

Education Topic: Where to from here?

NeuroHAB Repeat	CDM Plan Privates
<p>6wk repeat</p> <ul style="list-style-type: none"> • Fee reduced • Finding foundational movements challenging <p>3wk Repeat</p> <ul style="list-style-type: none"> • Finding circuit and building capacity challenging 	<p>Additional 5 Private consults</p> <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
<p>Next progression with capacity building</p> <ul style="list-style-type: none"> • Assists with the transition into your home/local gym training <p>Learn new skills and use additional equipment</p>	<p>Feel confident with applying all the movements</p> <p>Have a plan to continue after the program</p> <p>Can stay motivated and diligent</p>

**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 |
| Nutritionist- | Christine Cronau
Email: admin@christinecronau.com |
| General Practitioner- | Dr Jackie Montefiore
Sante Medical
Ph 3554 0312 |