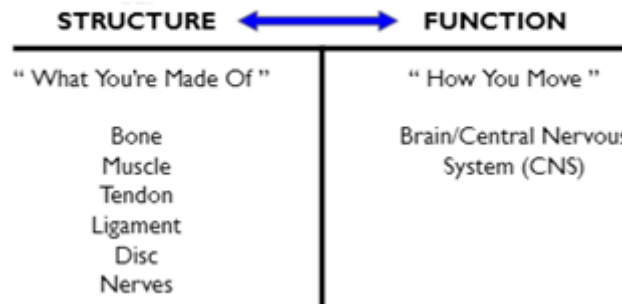


WEEK ONE

First Education Topic: Structure vs Function



Resources:

Youtube-

Dr. David Johnson - 'Changing The 'Shape' Of Spinal Surgery'

https://www.youtube.com/watch?v=x93_Hd_pZvA

Week 1, Day 1- Homework:

1. Find a broomstick
2. Be aware of how you move throughout the day.
Do you use the hinge pattern?
Are you aware of your shoulder positions when reaching and bending over?

Week 1, Day 2- Homework:

1. 10 Passover and Wall Angels 3 times a day
 - Morning/lunch/afternoon
 - Do NOT do 30 at once
2. Apply the hinge and sit to stand pattern everywhere possible

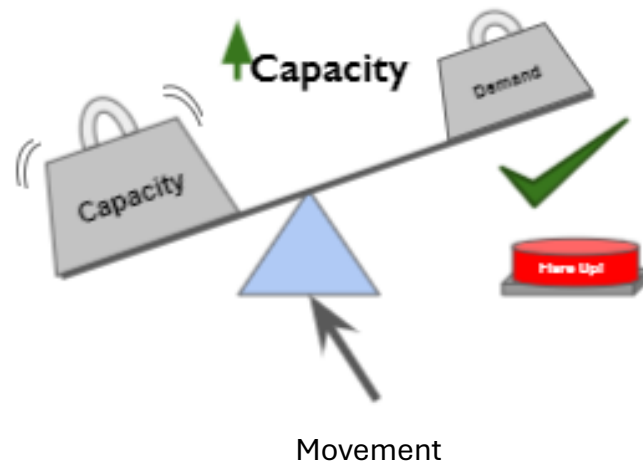
Activities:

1. Is this an exercise program? _____
2. Can you identify activities in your daily life where you use the hip hinge pattern?

-
3. Can you remember the six points of performance?

WEEK TWO

Education Topic: Functional Capacity vs Demands



- The imperative to being able to build your functional capacity is **movement proficiency**.
- You cannot increase your capacity with-out a strong foundation of movement proficiency - just like building a house...this is the first step.

Homework

Continue with:

1. 10 Passover and Pull Aparts 3 times a day
 - Spread throughout the day e.g., morning/lunch/afternoon
 - Do NOT do 30-40 at once
2. Apply the hinge, and active shoulder position everywhere possible

Try to:

3. Be aware of shoulder positions when reaching
4. Work on challenging stability movements e.g.

❖ Wall Angels	❖ Behind Neck Press
❖ Scap Push ups	❖ Pull Aparts
❖ Hip Hinge	❖ Shoulder Taps
	❖ Banded bent over row

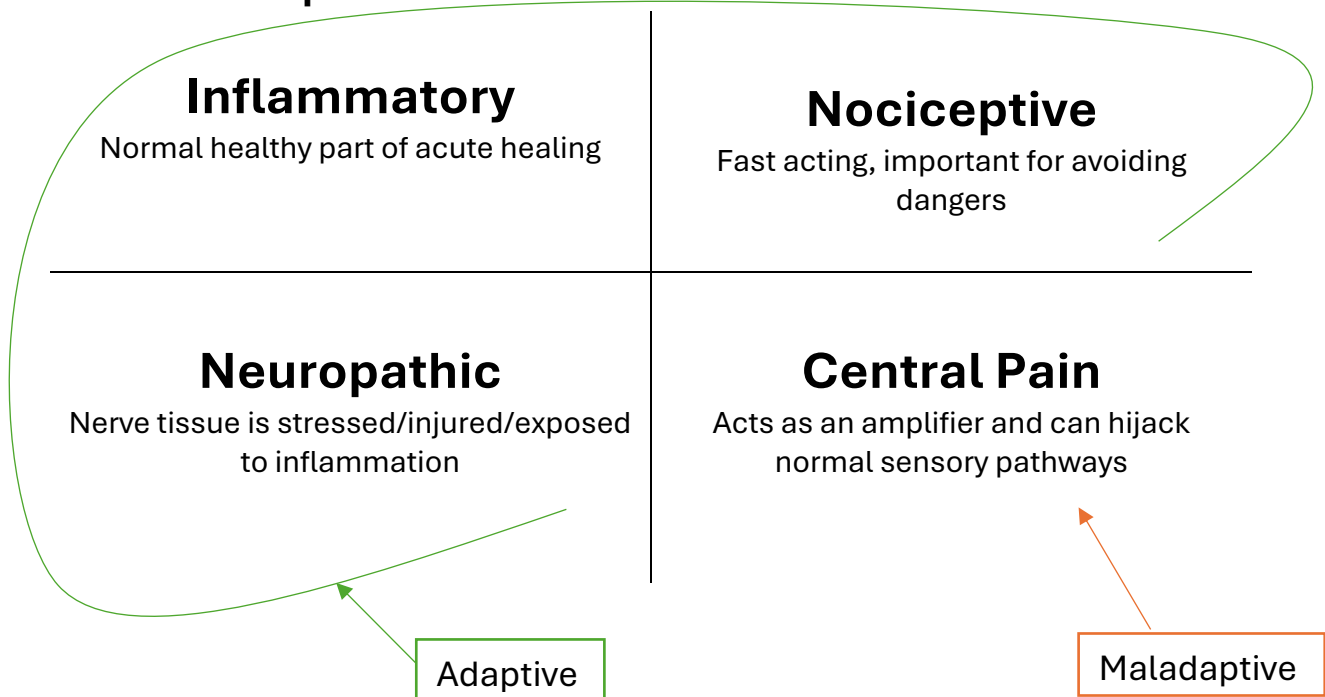
Activities:

1. How can you manage a flare up?
2. What are some of your demands?

List some scenarios where you used your active shoulder

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 |
| App | Curable: A different approach to Chronic Pain |

Homework

Continue to:

- Work on challenging stability movements, and move frequently through the day:

❖ Wall Angels	❖ Behind Neck Press
❖ Scap Push ups	❖ Pull Aparts
❖ Hip Hinge	❖ Single arm lat pull down

Over the Weekend:

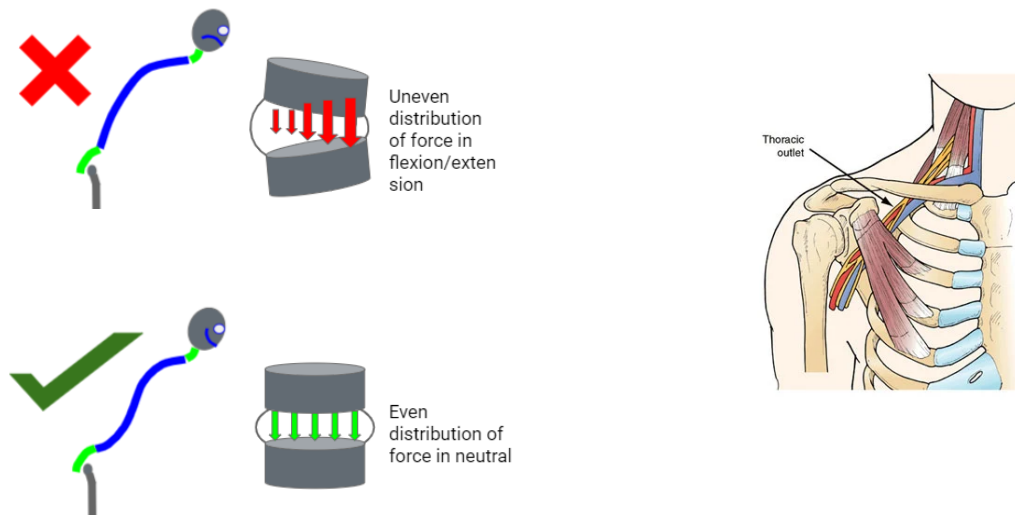
- Try a stability circuit:
 - Set 8mins on the clock and choose three movements from above and cycle through them until the time is up.

Extra Activities:

- What does an adaptive pain mechanism do?

WEEK FOUR

Education Topic: Neutral Spine & Active Shoulders



Homework

Continue with:

1. 10 Passover or Pull Aparts 4-5 times a day
2. Work on challenging stability movements e.g.
 - ❖ Wall Angels
 - ❖ Behind Neck Press
 - ❖ Scap Push-ups
 - ❖ Pull Aparts
 - ❖ Hip Hinge
 - ❖ Push-ups
 - ❖ Face Pulls
 - ❖ Farmers Carry
 - ❖ Waiters walk
 - ❖ Single arm lat pull down

Over the Weekend:

3. Try a stability circuit:
 - Set 8mins on the clock and choose three movements from above and cycle through them until the time is up.

Extra Activities:

1. What is active shoulder when: A) Bending over **and** B) Reaching overhead
-

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. 10 Passover or Pull Apart 4-5 times a day
2. Work on challenging stability movements e.g.
 - ❖ Wall Angels
 - ❖ Scap Push-ups
 - ❖ Hip Hinge
 - ❖ Face Pulls
 - ❖ Banded walk
 - ❖ Banded bent over row
 - ❖ Behind Neck Press
 - ❖ Pull Apart
 - ❖ Push-ups
 - ❖ Farmers Carry
 - ❖ Single arm lat pull down

Over the Weekend:

3. Try a stability circuit:
 - Set 8mins on the clock and choose three movements from above and cycle through them until the time is up.

Extra Activities:

1. What is the focus of this program?
2. Why do we do circuits?

WEEK SIX

Education Topic: Where to from here?

NeuroHAB Repeat	EPC Plan Privates	NeuroMOVE	Independent
6wk repeat <ul style="list-style-type: none"> • Fee reduced 30% • 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>EPC (Enhanced Primary Care Plan)</i> will cover some of the cost • The cost will be approx. \$35 per appointment 	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

Homework- Continue as per usual from the previous week

Activity- Think about your plan after the program finishes

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

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.