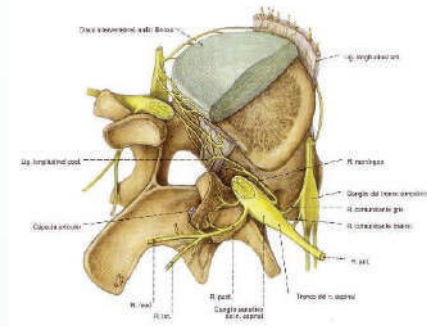


MANUAL THERAPY IN SCIATIC LOW BACK PAIN AND DISC HERNIATION



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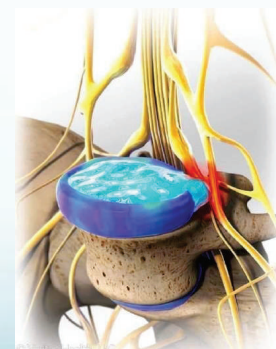
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LOW BACK PAIN AND LUMBAR HERNIATED DISCS

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LOW BACK PAIN AND LUMBAR HERNIATED DISCS

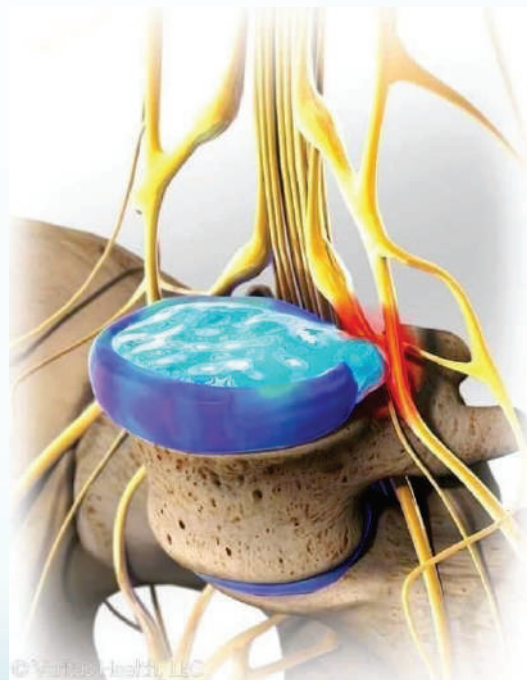
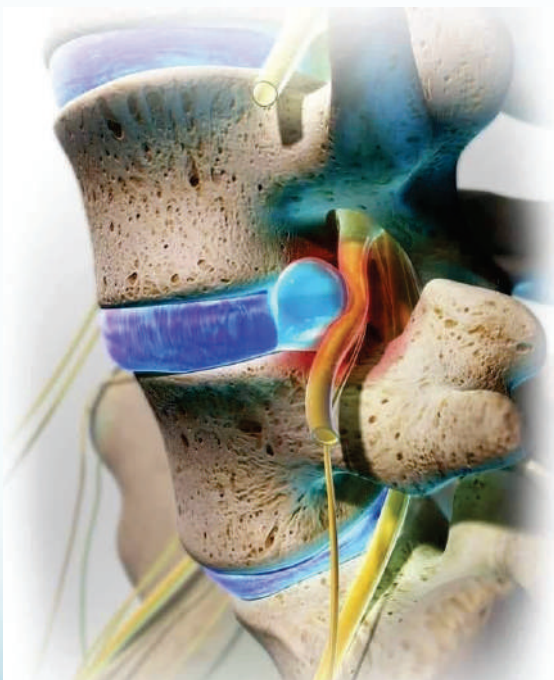


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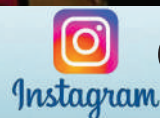


LUMBAR HERNIATED DISCS



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MANUAL THERAPY IN LOW BACK PAIN , SCIATICA AND DISC HERNIA.

EVALUATION – DIAGNOSIS – TREATMENT

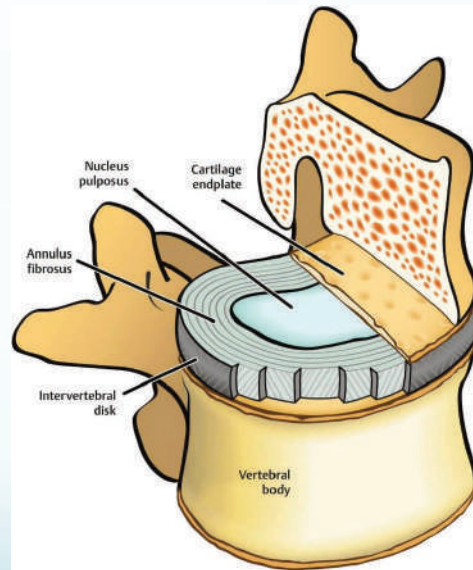
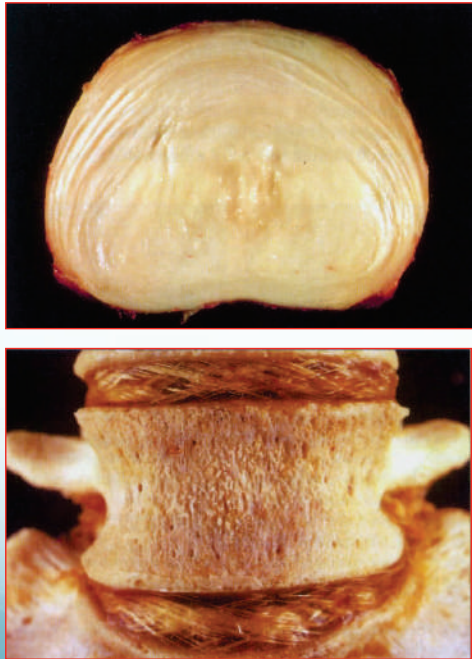
Low back pain and lumbosciatica are undoubtedly the most common reason why patients come to our consultations.

Among the causes that cause this low back pain are undoubtedly dysfunctions of disc origin, whether protrusions or herniated discs, which also baffle us when it comes to organizing correct treatment due to the great lack of knowledge we have about them.

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LUMBAR INTERVERTEBRAL DISC



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LOW BACK PAIN OF DISC ORIGIN

It is very difficult to attribute to a single tissue the responsibility of low back pain.

The sensation of pain appears when the sum of one or more origins reaches the threshold of consciousness of the person.

IN THE COURSE WE WILL LEARN TO UNDERSTAND THE DIFFERENCE BETWEEN USEFUL PAIN FROM USELESS AND DISABLED PAIN

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Today we have sufficient data to propose a correct evaluation, diagnosis and conservative treatment of disc disorders and guide the patient who suffers from this condition towards the recommended activities, specific objectives without always having to associate herniated disc with surgery.



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GOALS

- **Learn to establish clinical and diagnostic reasoning to determine the extent and severity of the disc injury, whether due to degeneration, protrusion or herniated disc.**
- **Know the Anatomy and Biomechanics of the lumbar joint segment, as well as the physiology, morphology and histology of the intervertebral disc.**
- **Learn to determine the correct positioning of the patient in each of the different dysfunctions, especially in the acute phase of pain.**

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- **Know what techniques we apply in consultation with their indications and contraindications**
- **Know the different types of herniated discs, their presentation, symptoms and treatment.**
- **Establish a therapeutic protocol to be able to carry it out in the different phases of pain presentation, acute, chronic, etc.**
- **Know the preventive guidelines for postural hygiene in the event of a herniated disc.**

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- **Plan the return to daily life, work or sports activities after having suffered a disc process, as well as home recommendations.**
- **Know and practice the different safer Manual Therapy techniques for patients who suffer from lumbar pain or sciatica of disc origin.**

PROGRAM

- **Anatomofunctional memory of the intervertebral disc and the discosomatic segment, its morphology, physiology and histology**
- **Factors and mechanisms that predispose to suffering from a Disc Protrusion or Herniation.**
- **Learning the positioning of the Physiotherapist and the Patient for the correct execution of manipulative techniques.**

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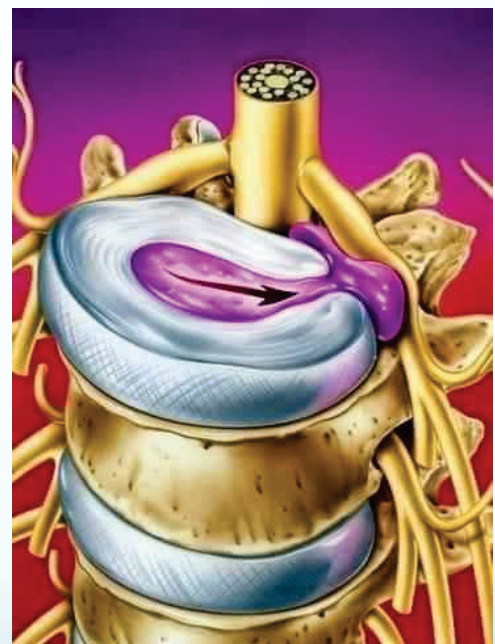
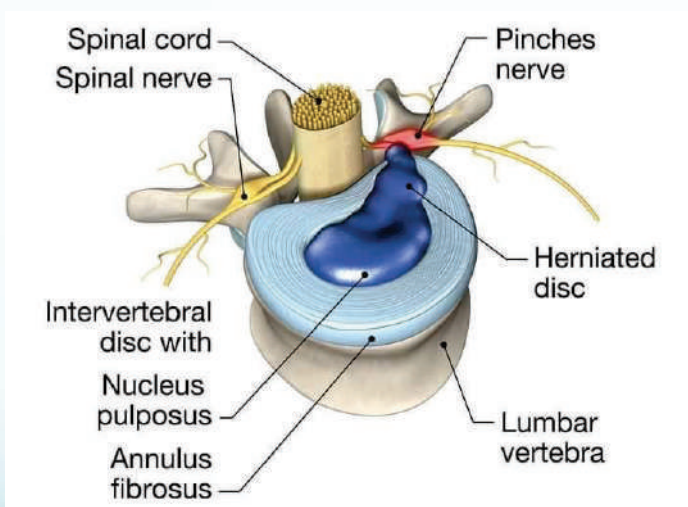


- Learn to Position the patient in the watery phase to neutralize the symptoms and reduce disc pressure.
- Indications and contraindications of the different Manual Therapy techniques.
- Classification of disc protrusions and herniations.
- Pathophysiology of disc degeneration.
- Impact of sport on the patient who has suffered a Herniated Disc.

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ACUTE PHASE TREATMENT



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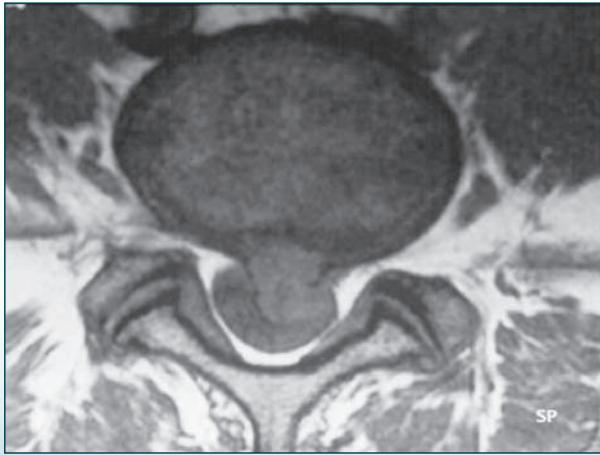
- Study and interpretation of antalgic positions.
- Basic concepts on Radiological Interpretation and MRI



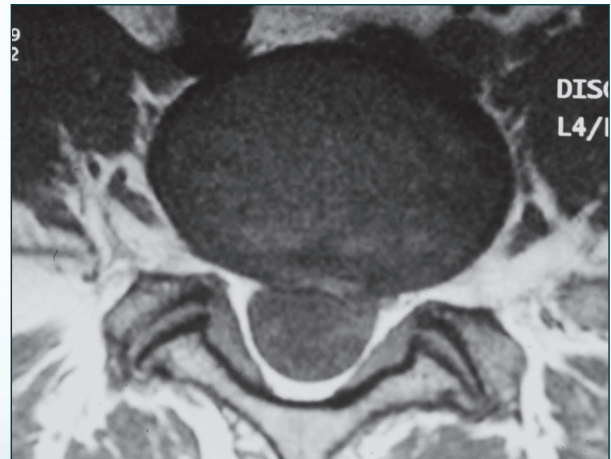
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HERNIATED DISC FIRST MONTH



8 MONTHS LATER



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- **Diagnosis and Evaluation of different disc dysfunctions.**
- **Treatment of Protrusions and Herniated Discs:**
- **Articulatory, Myotensive and Manipulative Manual Therapy Techniques.**
- **Positioning techniques**



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- Progression techniques from the acute phase to full recovery.
- Prevention.



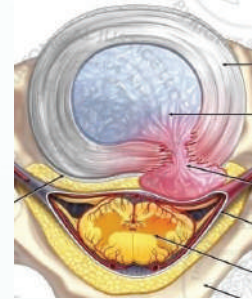
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MANUAL THERAPY IN CERVICALGIA, RADICULOPATHIES AND CERVICAL DISC HERNIATIONS BASED ON EVIDENCE



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MANUAL THERAPY IN CERVICALGIA, RADICULOPATHIES AND CERVICAL DISC HERNIATIONS BASED ON EVIDENCE

COURSE OBJECTIVES:

Cervical pain is one of the most frequent reasons why patients come to our consultations, which is why this course aims to address the main syndromes of this region, among which I would highlight degenerative pathologies and herniated discs, as well as How to know the difference between Nociceptive pain, Neuropathic pain and Complex Pain.

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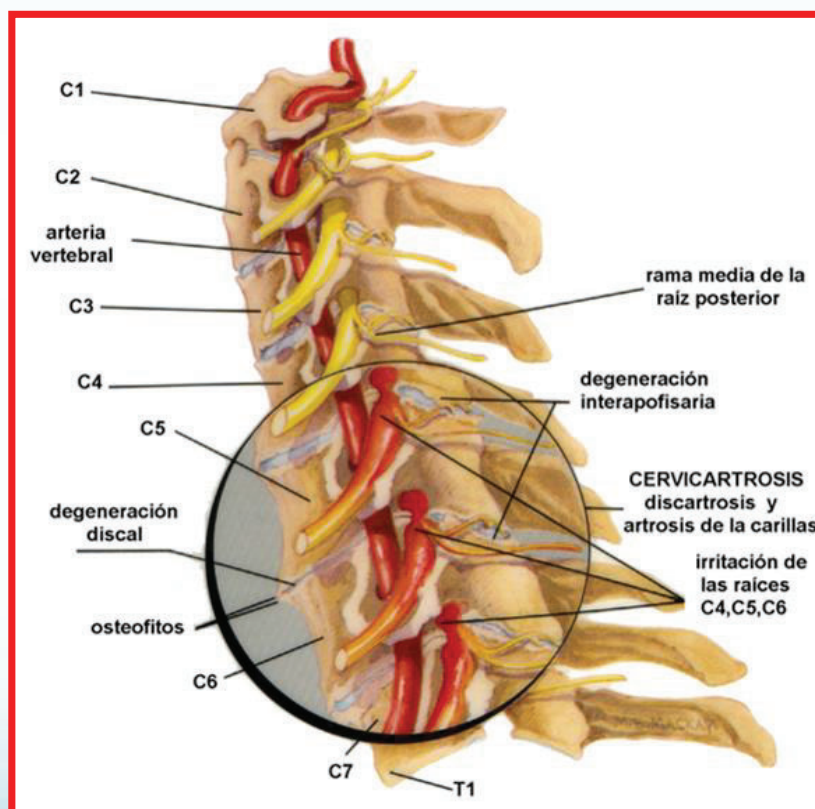


On the other hand, we will learn to treat pain of cervical origin in the most acute and disabling phase, so that the patient receives the most appropriate conservative treatment from the first moment.

An attempt will also be made to establish a relationship between cervical mechanical dysfunctions with associated symptoms such as headaches and cervicogenic dizziness.

Likewise, the objective of this course is to learn the best diagnostic tests for the cervical region and learn to correctly use the main manual therapy techniques for each of the different pathologies and in their different phases.

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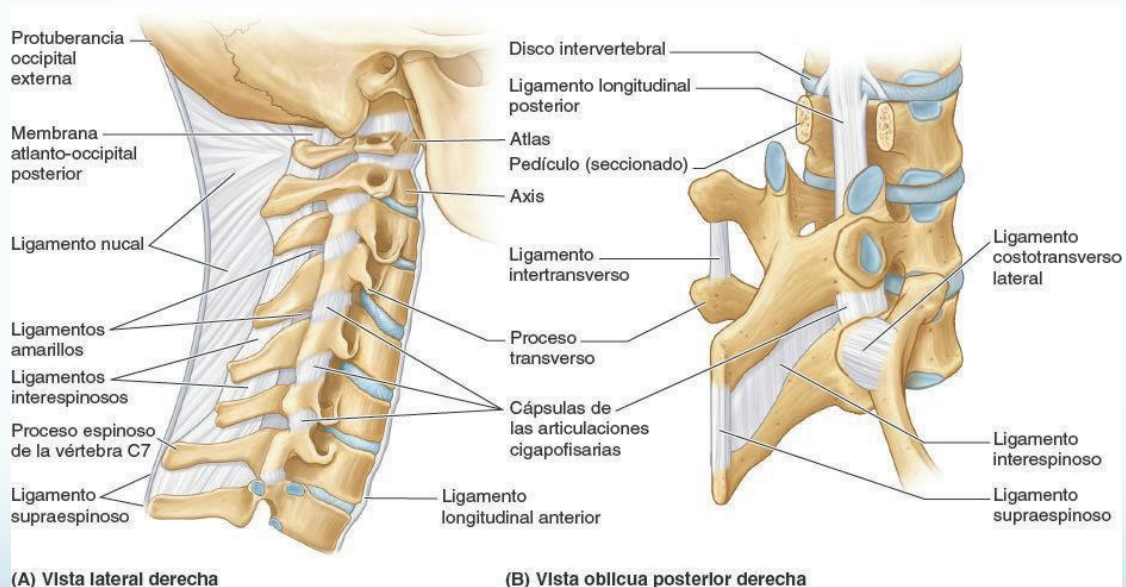
INTRODUCTION

Anatomical and biomechanical memory of the cervical region

Most relevant aspects of the anatomy and physiology of the cervical intervertebral disc, as well as its histology and the phases of the disc degenerative process.

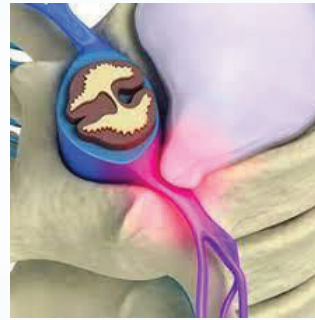
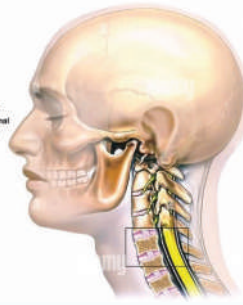
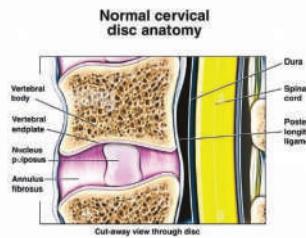
Neurophysiological Effects of Manual Therapy

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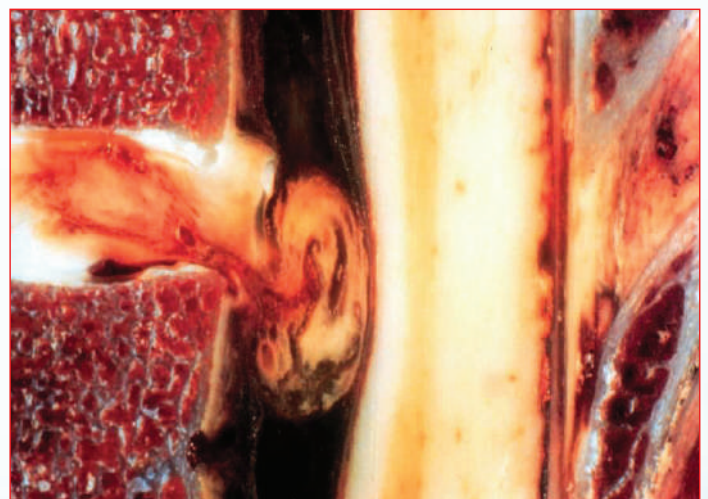
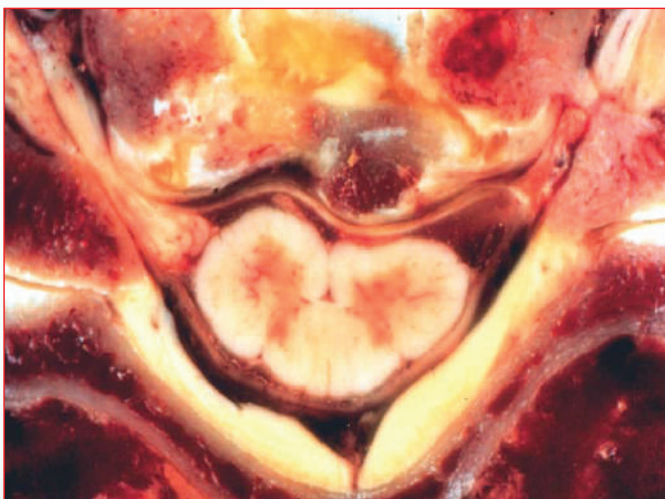
How to interpret Pain and its relationship with the severity of the process.

- **Diagnosis and treatment of Radiculopathies**
- **Cervicobrachialgia due to Herniated Disc.**
- **Cervicoarthrosis.**
- **Differential diagnosis**

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HERNIA DISCAL CERVICAL



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Cervical Disc Herniation and the Classification of Herniated Discs

- **Uncarthrosis**
- **Root Compression by Osteophytes and Hard Disc Herniation**
- **Cervicobrachialgia due to Foraminal Canal Stenosis**
- **Cervicoarthrosis and its treatment**

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PHYSIOTHERAPY DIAGNOSIS OF CERVICALGIA AND CERVICOBRACHIALGIA BASED ON EVIDENCE

- History
- Static and dynamic evaluation
- Orthopedic and analytical cervical mobility tests
- Palpation of the different structures
- Identification of possible causes

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MANUAL TREATMENT OF CERVICALGIA, RADICULOPATHY, DISC HERNIATION AND CERVICOBRACHIALGIA OF DEGENERATIVE ETIOLOGY

Treatment from the Acute Phase to the rehabilitation phase

- Articulation techniques
- Manual muscular techniques
- Manipulative techniques
- Neurodynamic techniques
- Functional techniques

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MANUAL THERAPY



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- **Recommendations and treatment for home use in the acute phase**

- **The best positions for the control and stability of the cervical region in each phase, from the acute phase to complete recover**

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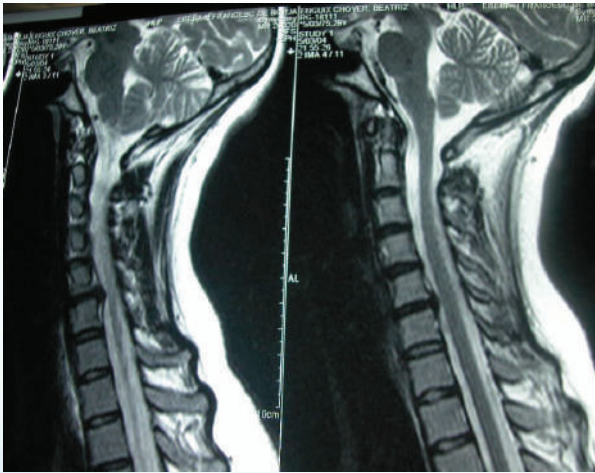
MANUAL THERAPY



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Radiological Interpretation and MRI



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