

脊柱側彎、腰部和頸部疼痛的核心鍛煉計劃

Core Exercise Programming for Scoliosis, Lower Back and Neck Pain

CEUs :

ACE 1.4、NASM 1.4、14

課程目標：

瞭解核心肌肉群解剖學和肌肉動作學。

演示呼吸技巧。

瞭解腰痛（LBP）的機制並設計腰痛運動課表。

瞭解頸部疼痛的機制並設計頸部疼痛的運動課表。

瞭解脊柱側彎的機制並設計脊柱側彎運動課表。

課程描述：

脊柱問題每年都會花費大量醫療費用。此外，還會限制您在健身房和鍛煉中經常使用的肩關節和髖關節的活動能力。但是，我們可以通過正確的呼吸模式和練習來修復它。評估每個人的呼吸模式，並首先糾正呼吸。此外，我們還將提供脊柱病痛是如何發生的，以及它們背後的核心科學。然後，您將學習如何為患有腰痛、頸部疼痛和脊柱側彎的客戶設計呼吸和核心練習。

課程大綱：

第 1 天

09：00-09：10 課程介紹和破冰

09：10-11：00 腹直肌的解剖學和放鬆技術

11：00-12：00 直立脊柱和多裂肌的解剖學和放鬆技術

12：00-13：00 午餐

13：00-14：00 QL、膈肌和骨盆底肌的解剖和放鬆技術

14：00-16：00 頸部肌肉群的解剖與放鬆技術

16：00-17：00 呼吸模式和問題

第 2 天

09：00-11：00 呼吸與核心練習設計理念與實踐

11：00-12：00 腰痛運動處方

12：00-13：00 午餐時間

13：00-14：00 頸部疼痛運動處方

14 : 00-16 : 00 脊柱側彎運動處方

16 : 00-17 : 00 案例分享

CEUs:

ACE 1.4, NASM 1.4, AFAA 14

Course Objectives:

Understand the core muscle group anatomy and kinesiology.

Demonstrate the breathing technique.

Understand the mechanics of low back pain (LBP) and designing the program for LBP.

Understand the mechanics of neck pain and designing the program for neck pain.

Understand the mechanics of scoliosis and designing the program for scoliosis.

Course Description:

Spine issue cost a lot of money on medical care every year. Also it makes your mobility restricted on shoulder and hip joints that are often used in gym and exercising. However we can fix it through correct breathing pattern and exercises. To evaluate the breathing patterns of every individual and correcting the breathing first. Also we would deliver how is the spine issues happens and the core muscle's mechanics behind them. Then, you would learn how to design the breathing and core exercises to the client with LBP, neck pain and scoliosis.

Course Outline:

Day 1

09:00-09:10 Introduction of course and ice breaking

09:10-11:00 Anatomy and release techniques of rectus abdominis, obliques

11:00-12:00 Anatomy and release techniques of erectus spinae and multifidus

12:00-13:00 Lunch

13:00-14:00 Anatomy and release techniques of QL, diaphragm and pelvic floor

14:00-16:00 Anatomy and release techniques of neck muscle group

16:00-17:00 Breathing patterns and issues

Day 2

09:00-11:00 Breathing and core exercises design concept and practice

11:00-12:00 Low back pain exercise prescription

12:00-13:00 Lunch

13:00-14:00 Neck pain exercise prescription

14:00-16:00 Scoliosis exercise prescription

16:00-17:00 Cases study