

## DR. STUART MCGILL

### Building the Ultimate Back: From rehabilitation to performance

**Course Objectives:** Update delegates on the most recent developments in clinical biomechanics of the lumbar spine – how it works and becomes injured. Provide guidance in the application of this foundation of knowledge to the clinic, workplace, rehabilitation centre, and training facility. Enhance skill and technique in client assessment and corrective/therapeutic or performance-enhancing exercise prescription. Empower you with the knowledge to reduce the risk of injury, optimize health outcomes, and enhance performance of your patients and clients.

#### EVENT DETAILS

**March 2 & 3, 2013 from 9.00am to 5.00pm**  
**Saint Mary's University (SMU)**  
 Scotiabank Conference Theatre &  
 Loyola Conference Hall  
 923 Robie Street  
 Halifax, Nova Scotia B3H 3C3

Visit us at

[www.REDelivery.ca/events/stumcgillhalifax/](http://www.REDelivery.ca/events/stumcgillhalifax/)  
 for more information on:

- Registration date and time
- Parking
- Accommodations
- Attire
- What to bring
- RED's cancellation policy

#### COURSE INFORMATION

- Open to all health care practitioners and fitness professionals, including: PTs, DCs, KINs, RMTs, OTs, MDs, ATs, personal trainers, etc.
- All registration fees include course materials and daily catered lunch and beverages.
- Continuing education credits (CECs) will be announced as they are approved by local associations.

#### TICKET INFORMATION

EARLY	REGULAR	LATE
\$550 + tax	\$650 + tax	\$695 + tax
(until Dec. 21/12)	(until Feb. 22/13)	(begins Feb. 23/13)

**STUDENTS:** Visit us at [www.REDelivery.ca/perks/students](http://www.REDelivery.ca/perks/students) for information on discounted registration fees and volunteer opportunities

#### ABOUT RED

Research and Experience Delivery (RED) is a social enterprise that uses innovative ways to facilitate connections, conversations, and collaborations between academics and practitioners, so they can share ideas and solve problems in new ways.

*“RED aims to change the culture of science through conversation and promote the symbiotic relationship between theory and practice.”*

Co-Director  
RED

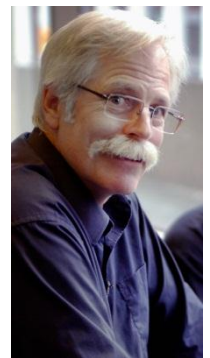
Visit [www.REDelivery.ca/register/](http://www.REDelivery.ca/register/) to register for this RED event today!

## COURSE INFORMATION

- **Building the foundation** reviews and builds on the scientific foundation of lumbar spine function and mechanisms of injury, which enables you to parse science from myth. Anatomical, biomechanical, and motor control perspectives are provided to support an evidence-informed clinical approach. The postures, movements, and loads of the lumbar spine that cause pain and injury, and make them worse, are key components discussed.
- **Interpreting patient presentation** enhances your ability to identify aberrant movement patterns and accurately interpret provocative tests by considering the foundational perspectives.
- **Preventing and rehabilitating low back disorders** integrates the elements of the scientific foundation and patient presentation into practical clinical tools. These clinical strategies will optimize rehabilitation programs – introducing ways to remove the cause of back pain and progressions of corrective exercise therapies. Spine loads, muscle activation patterns, and spine stability influence these low back pain prevention and rehabilitation techniques.
- **Training and performance.** After establishing optimal movement patterns, advanced progressions from stability to endurance to strength, speed, power, and agility are provided from Dr. McGill's work with professional athletes.
- **Focus group.** Participate in an open-forum group discussion where delegates can share their experiences as health care practitioners and fitness professionals, identify and address the challenges of keeping up-to-date with current research developments relevant to their practice, and provide insight on how they would like to collaborate with researchers in the future. RED will facilitate this group discussion.

## SPEAKER BIOGRAPHY

Dr. Stuart McGill is a Professor of spine biomechanics at the University of Waterloo (Waterloo, ON, Canada) and the author of over 300 scientific publications and 3 textbooks that address issues such as, lumbar spine function and injury mechanisms, patient assessment, corrective exercise prescription, and performance training. He has been featured in the popular press, including *The New York Times*, *Maclean's Magazine*, and *Testosterone Nation*. Dr. McGill consults for many medical management groups, governments, corporations, legal firms, and elite sports teams and athletes from around the world and has won numerous awards, including the Volvo Bioengineering Award for Low Back Pain Research. Dr. McGill is one of the few scientists who are regularly referred challenging patients for consult from around the world. Please visit [www.backfitpro.com](http://www.backfitpro.com) for more information.



## TEXTBOOKS AND DVDs

Dr. McGill's textbooks, *Low Back Disorders: Evidence-based prevention and rehabilitation (2007)* and *Ultimate Back Fitness and Performance (2004)* and DVDs, *The Ultimate Back: Assessment and therapeutic exercise (2007)* and *The Ultimate Back: Enhancing performance (2010)* will be **available for purchase at a discounted rate** at the course. These books synthesize the material presented in this course and are recommended as resource material for interested delegates.

Visit [www.REDelivery.ca/register/](http://www.REDelivery.ca/register/) to register for this RED event today!

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