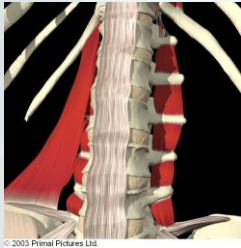


Anterio-lateral Muscles



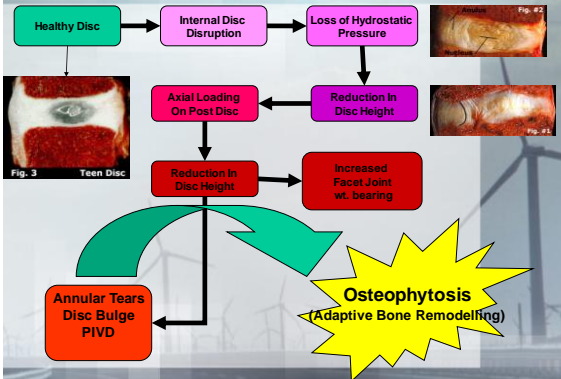
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Clinical Presentation

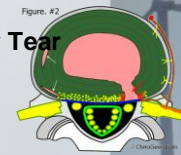
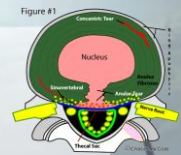
- Low back pain (Acute/Chronic)
 - With/without radiculopathy
- PMI? (not indicative for tissue causing pain)
- Antalgic posture
- BB disturbance
- Inflammatory symptoms
- Loss of FX/ROM
- ?

Disc Degenerative Disease



Disc Prolapse

- 3 Categories (Bodguk P69)
 - Protrusion
 - Extrusion
 - Sequestration



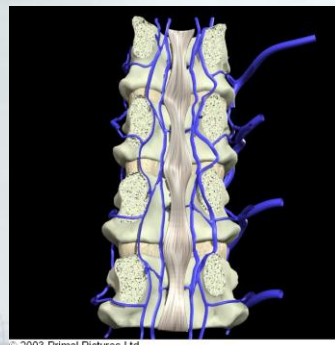
- 3 Common Types of Annular Tear
 - Concentric cleft
 - Radial fissure
 - Rim lesions

Diagnosis???



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PLL (Denticulate Ligament)

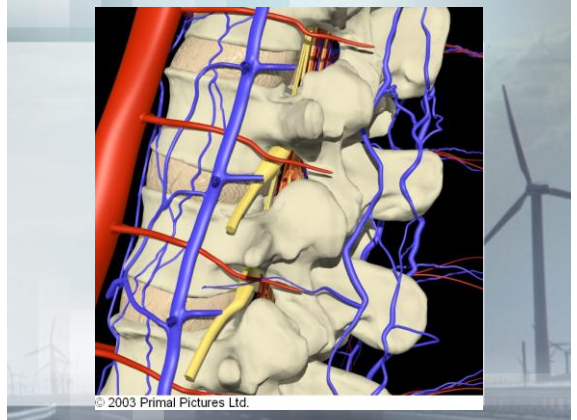


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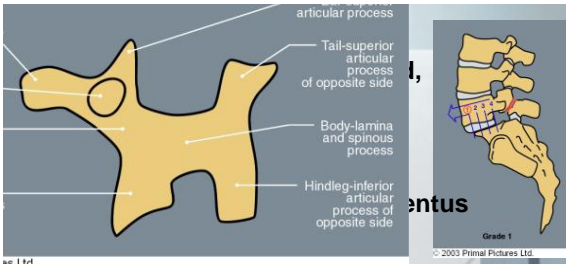
OA & Foraminal Encroachment

Clinical picture

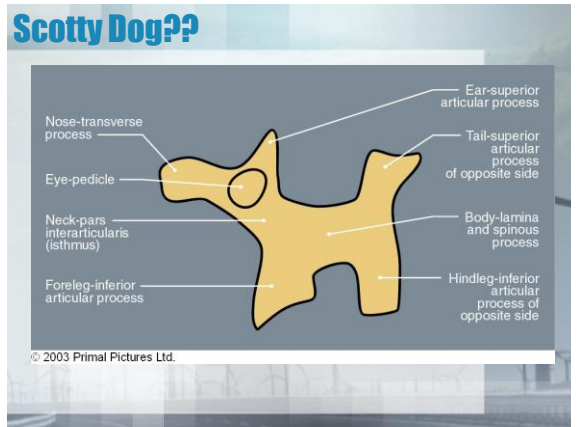
- Age Related
- Previous history of DDD/PIVD/anomal
- Occupational/traumatic history
- Loss of segmental joint complex ROM all vectors
- Overlying muscle hypertrophy
- Nerve root irritation/hypoxia
 - Direct mechanical compression
 - Osteophytes
 - Swelling
 - Inflammation/chemical irritation



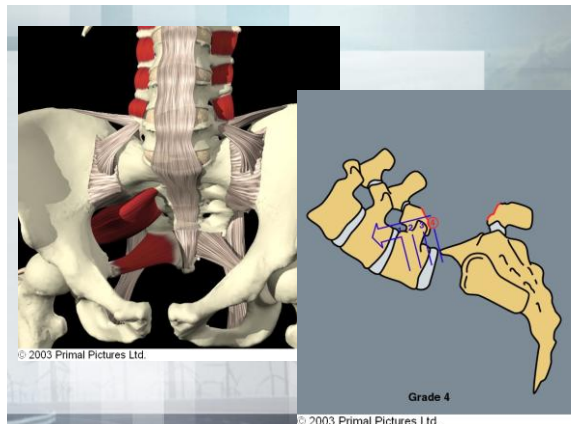
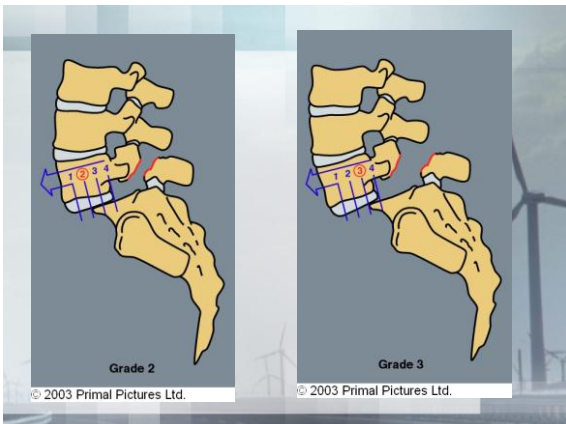
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- Beware spondyls at L3



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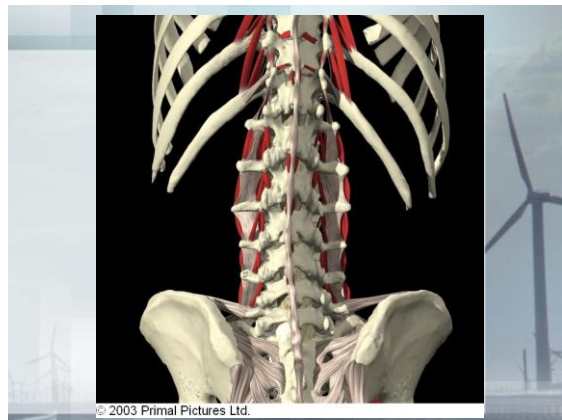
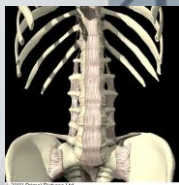


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Ligamentous Sprain

- Normally traumatic as a primary injury
 - RTA
 - Sports injury
 - Occupational RSI
- Secondary inflammation due to proximity of overlying LES
- Commonly seen in WAD
 - (forced compression/distraction)
- Pain at end range



Case Study

A 40 year old male presented with acute low back pain with radiating pain into the posterior lateral aspect of the right leg with altered sensation over the dorsum of the foot.

The onset he described as 4 weeks previously after a prolonged period of DIY in a flat he was refurbishing. In terms of progression he describes a slowly deteriorating pattern with advancing neurological symptoms

Motor Engram - Definition

Engrams are a hypothetical means by which memory traces are stored as physical or biochemical change in the brain (and other neural tissue) in response to external stimuli.

Motor programming

3 Phases

- The Awareness Phase (Cognitive)
- The Practice Phase (Associative)
- The Acquired Phase (Autonomous)

Rehabilitation

- Practise good technique from the start:
- Learn technique fresh and in a friendly environment: **(Give Handouts!!)**
- Move from the known to the unknown:
- Most demanding to least demanding

The Inner Triad

3 fundamental interdependent process that define our life

- **Psychological processes**
 - these relate to mind and behaviour and involve thoughts and feelings.
- **Autonomic processes**
 - automatically control the physiological operations of the body eg: heart rate, breathing, blood vessel size, digestion...
- **Motor processes**
 - these include muscle fibre recruitment, coordination, muscle tone, and can affect technique, power, endurance, flexibility, posture etc