



4th Saudi Spine Society Annual Conference

Promoting Excellence in Multidisciplinary Spine Care

Evidence Guided Approach to The Rehabilitation Management of Low Back Pain

This is half-day workshop will focus on the Low Back Pain (LBP) assessment and the specific treatment plans from a physical therapy point of view based on the updated evidence. Steps of non-surgical treatment, including lumbar specific exercises and different exercises schools for treating LBP, manual therapy for LBP, psychological approaches for assessment and treatment of LBP, and education will be covered. The workshop will also highlight the outcome measurements used to monitor progress.

Participants will be able to

- 1 Understand the background for the use of Physical therapy Methods in the assessment and treatment of LBP.
- 2 Identify the latest evidence on the non-surgical treatment of LBP.
- 3 Perform an individualized evaluation of "physical assessment".
- 4 The difference between LBP and lower limb problems related to LBP.
- 5 Describe the psychological way of assessment and treatment of LBP. (PSCEBSM model, ACT, CBT, MI).
- 6 Cover lumbar specific manual therapy and specific exercises.
- 7 Overview of different exercise methods for treating LBP. (Yoga, Pilates, Spiral Stabilization System).
- 8 highlight the outcome measurements used to monitor progress.
- 9 Develop, and initiate a specific treatment program based on the patient's pain pattern and other findings.

Target Audience

- Physical Therapist
- Occupational Therapist
- Nurses
- Spine health practitioner



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Workshop Presenters' Names

- 1 Abdullah Hussain AlMuhaya**, BPhy, MSc Student. (Moderator)
Affiliation Institutions :
Almashfa PhysioTrio clinic
MSK-SPT therapist at PhysioTrio center, KSA, Riyadh, Master student at KSU.
- 2 Ahmed Saad AlHowimel** BPhy, Ph.D.
Affiliation Institutions :
Prince Sattam University
Assistant professor at Prince Sattam University, KSA, Kharj.
- 3 Yousef Saleh AlYousef**, BPhy, MSc
Affiliation Institutions :
AlMajmaah University
Lecturer at AlMajmaah University, KSA, AlMajmaah.
- 4 Samerah Ali AlQahtani**, BPhy, DPT.
Affiliation Institutions :
Almashfa PhysioTrio clinic
MSK-SPT therapist at PhysioTrio center, KSA, Riyadh
- 5 Faris Abdullah AlOdaibi**, BPhy, Ph.D.
Affiliation Institutions :
King Saud University
Assistant professor at King Saud University, KSA, Riyadh.
- 6 Wasaif Ali AlHenaki**, BPhy.
Affiliation Institutions :
Pop Up Yoga institution
Yoga Instructor at Pop Up Yoga institute, KSA, Riyadh.
- 7 Muhammed Saleh AlMutairi**, BPhy, MSc Student.
Affiliation Institutions :
Almashfa PhysioTrio clinic
MSK-SPT therapist at PhysioTrio center, KSA, Riyadh, Master student at KSU
- 8 Ghada Abdulaziz AlOqail**, BPhy
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Agenda

Time	Topic	Speakers
09:00 -09:22	Lower Back Pain Guideline	Ahmed Saad AlHowimel
09:22 -10:27	Lower Back Pain Assessment	Yousef Saleh AlYousef
		Samerah Ali AlQahtani
10:27 -10:50	Lower Back Pain Hands-On	Abdullah Hussain AlMuhaya
	Lower Back Pain Hand-Off	Ahmed Saad AlHowimel
10:50-11:08	Lower Back Pain & Pilates	Muhammed Saleh AlMutairi
11:08-11:48	Lower Back Pain & Yoga	Wasaif Ali AlHenaki
11:48-12:03	Lower Back Pain & SPS	Ghada Abdulaziz AlOqail
12:03-13:10	Lower Back Pain & psycho-social	Faris Abdullah AlOdaibi
13:10	Live Discussion and End workshop	