THE BACK LAB CERTIFICATION SERIES™

Learn how experienced spinal physiotherapists modify and progress exercises in real time

PILATES BACK PAIN AND INJURY COURSE

Advance your practical knowledge and understanding of managing clients with pain

THE BACK LAB™ MASTER CERTIFICATION
This course forms the core qualification of The Back Lab™ Certification Series. On completion, participants will be eligible to progress to advanced specialist training in peripheral joint pain and injury.

14-18 September 2026 | Primrose Hill, London | £1275

Backlab.co.uk for more information and further course dates

For Physiotherapists, Pilates Instructors and Rehabilitation Professionals

COURSE OVERVIEW

- **Matwork and reformer classes**
- **Group and 1:1 sessions**

Take the next step in your professional development and elevate your instruction through advanced understanding of injury, pain, movement, compensation and exercise modification

CONFIDENT DECISION MAKING and EXERCISE MODIFICATION

- When to continue, regress or avoid an exercise
- How to offload sensitive areas and still achieve the desired training effect.
- Interpret client information during an exercise and how this influences your next decision: Pain. Clicking. Strain. Spasm. Cramp.

WHAT YOU WILL LEARN

WHAT DO YOU DO WHEN A CLIENT SAYS:

- "This hurts"
- "I've had pain here recently"
- "My sciatica is worse today"
- "I've been told I have a disc bulge"
- "I want to make my back stronger"
- "I want to make my posture better"

MOVEMENT, STABILITY & COMPENSATION

- The goal of an exercise
- The difference between correct movement and simply completing the exercise
- Where movement should occur
- Where stability should be maintained
- Common compensation patterns

ANATOMY & INJURY

- Spinal anatomy and common injuries (ie back pain, disc injury, nerve pain / sciatica)
- Pain and the influence on exercise selection.

THE BACK LAB DIFFERENCE

Most courses teach exercises, We teach:

- How to understand the person in front of you
- How to identify what may be going wrong
- How to recognize compensation.
- How to adapt exercises safely
- How to respond when pain occurs.
- And how to make confident decisions when things do not go to plan

Because great instructors don't just teach exercises.
They understand people.

LIVE PATIENT PRACTICALS

Supervision, feedback and guidance, throughout real patient treatments.

LIMITED PLACES | SMALL GROUP TEACHING

Location: 65 Princess Road, London NW1 8JS

MORE INFORMATION & BOOKING:

support@backlab.co.uk | Backlab.co.uk