

Osteopathy Chronic Conditions

Session 2: Lower Back Pain

GROUP HANDOUTS

SCIATICA:

"DOs"	"DONTs"
Core exercises (e.g.: plank, quadruped)	Seating for long time
McKenzie exercises	Bending forward
Half cobra (prone prop)	Pull the knees towards the chest
Standing back bend	Seat-up exercises
Bridge	Toe-touch exercises
Lay down on the stomach	Leg-press
Sciatic nerve flossing	Biking

Core exercises: https://www.youtube.com/watch?v=NJ__pbTEkY

Quadruped: https://www.youtube.com/watch?v=JK_Nc4rqwml

McKenzie exercises (the 3 final variations should be performed ONLY in minimum pain or pain-free stages: <https://www.youtube.com/watch?v=qnzg5ry1p10>

Bridge exercise: <https://www.youtube.com/watch?v=SwyDMwpcW38>

Sciatic Nerve flossing: <https://www.youtube.com/watch?v=GPptVFmI4kA&t=8s>

PIRIFORMIS SYNDROME

Piriformis stretch / foam rolling: <https://www.youtube.com/watch?v=4kWwBEIRxmw>

DIAPHRAGM

Relaxation technique: <https://www.youtube.com/watch?v=Ap7UaMKj1RU>

PSOAS MAJOR

Stretching: <https://www.youtube.com/watch?v=REjMEenojI4>

LATISSIMUS DORSI ("LATs")

Stretching: <https://www.youtube.com/watch?v=x1SdnOkQoo0>

QUADRATUS LUMBORUM (“QL”)

Stretching: <https://www.youtube.com/watch?v=pZfPgolaaNo>

BONUS

Liver Pump: place the palm of your right hand on your lower ribs (at the right side of your rib cage); press it every time you breath OUT while side-flex your trunk to the right; Repeat the procedure 10 to 12 times, 1x/da

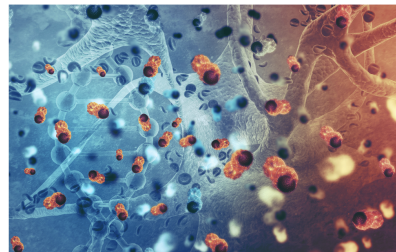
Wellness Group Medical Visits



The Long Mile:
Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to
Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

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Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Acute adverse effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Patient safety

201: Inhaled Cannabis; Dried Flower, Concentrates & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica & hybrids)
- How to determine your optimal dose & monitoring effects
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Potential drug interactions
- Differences between cannabinoids: CBD, THC, CBN & CBG
- Edibles: oral products, beverages, chocolates, baked goods, chews & candies
- Topicals
- Onset of action
- Acute adverse effects
- Choosing a product that is right for you
- Dosing considerations
- Patient safety
- Determine your optimal dose & monitoring effects

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