



BIMM Back in a Day Programme

0845	Welcome and introduction		SH
	Session 1		
0900-1030	Talk-Spinal Anatomy	15 minutes	
	Talk-Examination of the lumbar spine	15 minutes	
	Practical-anatomy and examination	60 minutes	Tutor groups
10.30-11.00	Coffee		
	Session 2		
1100-1230	Talk-Red flags and yellow flags	15 minutes	
	Talk-Investigation/Imaging of the spine	15 minutes	
	Practical-Red and yellow flags and investigations (worksheets)	60 minutes	Tutor groups
Lunch	Exhibition and poster displays		
	Session 3		
1330-1530	Talk-Presentation of common problems and differentiation of clinical patterns	30 minutes	
	Practical-manipulation of the lumbar spine (demonstrations)	30 minutes	Tutor groups
	Group discussion of clinical cases and management strategies (worksheets)	30 minutes	Tutor groups
1530-1600	Tea		
	Session 4		
1600-1700	Talk:Injection techniques-an introduction	15 minutes	
	Pain management-drugs, injections and rehab	45 minutes	Tutor groups
1700-1715	Feedback/Attendance certs		