

## Fit For Life Lifestyle Specialist Class Plan

Name of session *Unit 6 Back Care and Bone Health duration 45 mins*

Aim of session: **To discuss common causes of back pain and their prevention**

Learning Outcomes:

- *Discuss how the spine supports the body*
- **Identify the types of back problems**
- **Identify common risk factors for back pain**
- **Discuss methods of preventing back pain**

	Method of delivery	Duration
Introduction & Learning outcomes	OH 1, 2, 3	3 mins
Main section	OH 4 discuss the spine as a support system for the entire body – trunk, nervous system, muscles and importance of good alignment.	2 mins
	<b>Brainstorm – what is good posture? Follow with OH5</b> <b>Group task</b> – get group standing tall, demo good posture and encourage group to stabilise pelvis, pull in abs and slide down shoulder blades. Give example of good alignment – list main points. Seat group again.	5 mins
	OH 6 Discussion on what type of back pain they have experienced and its possible causes– encourage feedback from group	3 mins
	OH 7-9 risk factors for Back pain – give brief explanations if required. Encourage brief discussion.	3-5mins
	OH 10-11 Types of back problems and possible causes. Make sure to encourage group that it is avoidable with good technique and practices.	3mins
	Brainstorm on flip chart how to prevent back pain – follow with OH 12-14	3 mins
	Draw their attention to their seated posture – how are you sitting right now? Encourage group to sit correctly, give tips on small things that will improve their alignment. Contract core muscles, pull in abs. can be done seated, standing, while shopping etc	3-5mins
	OH 15-18 Osteoporosis and determinants of bone health – keep it simple	3-5 mins
OH 19/20 Exercises for Bone Health – Give examples Activity session – select appropriate for group 1. simple compound dynaband exercises 2. simple mat based core exercises flexibility stretches that can be done at your desk	10 mins	
Conclusion	<b>Any questions</b> <b>Back care and bone health mini plan</b> <b>Aim for positive prevention rather than cure</b>	5 mins