Information course Backsupport 2017/2018

General information

This course will be offered to employees and students who have so called long-lasting specific lower back complaints, which hinder their work or private life. Long-lasting means more than 6 consecutive weeks or regularly recurring. A specific means that the complaints don’t have a clear cause, not even after an examination.

During the course you will receive info about lower back complaints, support and training. During training the focus lies on the successful self-help methodology of McKenzie. Further, we pay attention at ‘core stability’. We practice in groups of a maximum of 6 participants.

Location: 1st meeting at the SSC.

Starting date: Sufficient interest.

Duration: 60 minutes a week during 6 weeks.

Class schedule: Wednesday evening 17:30-18:30.

Clothes: Sport clothes, shoes for inside and an towel.

Starting level: students or employees with long lasting specific lower back complaints.

Goal: During the course you will receive information about lower back complaints, support and training.

Costs: €10,- for sports card holders, for non-sports cards holders €20,-

Enrolment procedure: Sports card holders can register via our website, log in and go to course registration. Non-sports card holders can sign up by contacting Frits Niemans, g.l.m.niemans@tue.nl.

Extra:

For questions or information about this course, you can send an e-mail to Frits Niemans: g.l.m.niemans@tue.nl

For questions about the course, you can contact Miss Manon van Lint, coordinator courses: e-mail: ssccursus@tue.nl tel: 040-247 5002