BODY BACK-UP HEALTHCARE GOsC-Aligned Clinical CPD & Masterclasses

Low Back Pain, Sciatica & Gait Mechanics: The FAR Approach

Led by Robin Lansman D.O. AHP MIHPE — Developer of Functional Active Release (FAR) | Clinical Director, Body Back-Up (Est. 1988) | Past President, Institute of Osteopathy | Senior Clinical Tutor & Postgraduate Lecturer

Beyond Passive Digital Learning: In an era of screen-based CPD webinars, musculoskeletal mastery of lower-quarter mechanics still depends on tactile precision. Body Back-Up's practical workshops bring osteopaths, physiotherapists, chiropractors, and soft-tissue therapists together to assess live gait asymmetries, palpate muscle actuation in motion, and restore dynamic lumbopelvic balance—delivering immediate Monday-morning clinical clarity.

MODULAR CLINICAL DOMAIN & ELECTIVE TOPIC OPTIONS

Because a single lecture or workshop cannot cover every clinical dimension in full depth, sessions are tailored from the modular options below to suit your group's specific clinical focus and timeframe:

- **Option A — Active Palpation & Band Actuation in Lower-Limb Chains:** Move beyond static table palpation. Utilize tailored resistance bands as live diagnostic and actuation instruments to feel gluteal, hamstring, psoas, and piriformis recruitment, myofascial drag, and neural tension under functional load.
- **Option B — Traction vs. Compressional Sciatica Differential Diagnosis:** Stop treating all radiating leg pain identically. Differentiate mechanical traction sciatica from true compressional nerve root pathology—pinpointing exact sites of neurovascular tension along the lumbopelvic and sciatic pathways without aggravating irritable tissue.
- **Option C — Gait Balance, Footwear Review & Falls Prevention:** Evaluate footwear mechanics, ankle mobility, and pelvic coupling, progressing into whole-body falls prevention strategies that build dynamic balance, stability, and confidence in older patients.
- **Option D — From Modified SLR to Integrated Standing Rehab:** Transform modified Straight Leg Raising (SLR) assessments directly into non-aggravating recumbent exercises that progress into standing formats engaging both upper and lower body chains—timed around morning stiffness versus evening fatigue.

CPD DELIVERY FORMATS & BESPOKE SESSION SELECTION

Module / CPD Format	Elective Scope & Practical Takeaways
1. Differential Triage Module	Elective focus on separating traction sciatica from compressional radiculopathy using modified Straight Leg Raise (SLR) variations, Slump testing, weight-bearing pelvic shift screening, and practical footwear reviews.
2. Hands-On FAR & Gait Lab	Elective practical lab covering active release of iliopsoas, quadratus lumborum, deep hip rotators, and hamstring-fascial slings—translating recumbent SLR drills into standing upper- and lower-body balance and falls prevention formats.
3. Group CPD Workshops (In-Person)	Interactive full-day or bespoke onsite practical masterclasses for clinics, study groups, and professional associations across the UK and Europe—selecting your preferred combination of modules above (eligible for GOsC CPD hours).
4. 1-to-1 & Small-Group Coaching	Tailored CPD clinical mentoring delivered either in-person (London NW3 / Maidenhead) or via interactive online video coaching—customized around the exact clinical options and patient challenges you wish to prioritize.

Register Interest, Select Your Modules, or Arrange Bespoke Coaching

Whether you would like to attend an upcoming scheduled CPD date, host a group workshop tailored to specific modules from this framework, or arrange one-to-one online or in-person coaching, please email **practice@bodybackup.co.uk** in the first instance and let us know which options you require.