

Neurac 2 Lower Body

Day 1

0900	Welcome
0915	Theory Presentation
1045	Break
1100	Clinical Examination - Anamnesis - Functional tests - AROM - Relevant orthopedic tests - Neurological screening, including nerve tension tests
1230	Lunch
1330	Practice - Neurac test protocol for low back and pelvis - Neurac test protocol for hip - Neurac test protocol for knee
1500	Break
1515	Practice - Supine Lumbar Setting - Side-lying Lumbar Setting
1645	Questions and Answers
1700	End of day 1

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Day 2

- 0900 **Practice – Using Redcord Axis**
- Supine Pelvic Lift
 - Supine Bridging
 - Prone Bridging
 - Prone Back Rotation
 - Supine Back Rotation
- 1045 **Break**
- 1100 **Practice**
- Supine Hip Extension
 - Side-Lying Hip External Rotation
 - Side-Lying Hip Internal Rotation
 - Prone Knee Extension
- 1230 **Lunch**
- 1330 **Practice**
- Prone Ankle Dorsal Flexion
 - Supine Ankle Dorsal Flexion
 - Supine Ankle Plantar Flexion
 - Side-Lying Ankle Eversion
- 1500 **Break**
- 1515 **Practice – Exercises on Mat**
- Prone Hand Walk
 - Standing Hip Abduction
 - Standing Hip Adduction
 - Sitting Knee Extension
 - Balance Squat (+ Sling Squat)
 - Forward Lunge
 - Backward Lunge
- 16:30 **Summary and Evaluation**
- 17:00 **End of day 2**