

# Back on Track course

**Location:** SSC Eindhoven

**Level:** employees and students who have so called long-lasting specific lower back complaints

**Price:** 15 Euros

**Period:** Every Quartile

**Day & Time:** Look in the sports schedule on the SSC website

**Equipment:** Sports clothes, towel and indoor shoes

**Instructor:** Rebeka Trca



## WHAT YOU CAN EXPECT

Back on Track is a course for employees and students who experience long-lasting specific lower back complaints, which is an obstacle in their work or private life. Long-lasting complaints means those of more than 6 consecutive weeks, or regularly recurring complaints. The complaints may not have a clear cause, even after a physical examination. This course aims to provide members with a plan of approach to aid in returning to their functional daily activities with as little lower back complaints possible. This course takes an individualistic approach, allowing each member to reflect on their specific complaints and provide solutions tailored to their needs. By the end of this course, you will have gained knowledge regarding your complaints based on theory, as well as practical application, tips, and tricks which you can use on a daily basis to avoid and decrease lower back complaints long-term.

## REGISTRATION

Signing up is possible via our website. Log in on your personal page and go to 'Courses'. Here you can find the all the different courses you can sign up for. The course starts every quartile. Check our website when you can sign up.