Assessment and Treatment of Low Back Pain

with Dr. James Mally

April 22, 2027

Thursday 9 am - 6 pm (8 hours)

$200 + $10 materials



When a client presents with low back pain, you need to know how to properly assess the cause of the pain and to formulate effective treatment strategies.

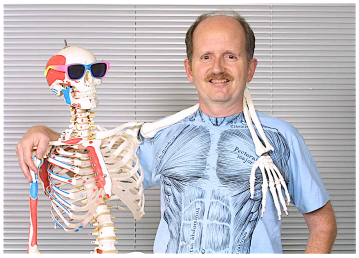
This workshop covers evaluation and treatment of some of the most common back pain conditions, including:

- Flexion Intolerant Back Pain
- Extension Intolerant Back Pain
- Disc Herniation
- Facet Joint Pain
- Spondylolisthesis
- Sacroiliac Joint Dysfunction
- Sciatic Pain and Piriformis Syndrome
- *"Back Mice"*
- Cluneal Nerve Entrapment

Expand your toolbox of assessment and treatment strategies through a series of demonstrations and practice of these techniques:

- Nerve Glide Techniques
- Soft Tissue Release
- Trigger point therapy
- Strain-Counterstrain
- Resistance Release work

Extensive notes will be provided with this class. Please bring shorts and a sports bra for women.



Dr. James Mally
(the one on the right)

James Mally, N.D. is an orthopedic massage therapist, teacher, and educational content producer with over five decades of experience. He teaches workshops around the world and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

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