USING DISC HYDRATION PRINCIPLES TO HEAL THE INTERVERTEBRAL DISC

COURSE OUTLINE

Online course 1.5 contact hours total/ 0.15 CEU's

Duration (in minutes)

TIME	TOPIC
15:00	Prevalence of low back pain and disc degeneration and spinal stenosis
15:00	Ways to improve disc health
30:00	Disc Hydration Research and Intradiscal Fluid Flow Management Guidelines
13:00	Future with Disc Hydration
14:00	Discussion
6:00	Assessment: The lecture module is followed by 6 assessment questions. The last assessment question is followed by a Course Evaluation Survey