Education program

PRM physician

Information session 2 h

1 week

→ Chronification factors
→ Pain pathways
→ Dedramatization

Training program

Specialized physiotherapist

Session 1 1.5 h
Session 2 1.5 h
Session 3 1.5 h
Session 4 1.5 h
Session 5 1.5 h

→ Presentation
→ Theoretical explanations
→ Breathing
→ Limbering-up exercises
→ Stretching
→ Postural work
→ Flexibility exercises
→ Warm-up
→ Breathing
→ Stretching
→ Limbering-up exercises
→ Postural work
→ Core strength exercises
→ Warm-up
→ Breathing
→ Limbering-up exercises
→ Stretching
→ Postural work
→ Gesture education

Home-based program:
10 minutes daily exercises

Home-based program booklet handout

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Session 2 1.5 h
Session 3 1.5 h
Session 4 1.5 h
Session 5 1.5 h

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Home-based program
10 minutes daily exercises

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