

September 7, 2019

EM114: The Pain Jigsaw: Piecing together complexity in everyday musculoskeletal practice



NIAMH MOLONEY

PhD, MManTh, BPhysio



MARTIN RABEY

PhD, FACP, MManipTh,
BSc(Hons)Phty

Course Educators:

Dr Niamh Moloney PhD, MManipTh, BPhysio(Hons)

Dr Martin Rabey PhD, FACP, MManipTh, BSc(Hons)Physio

Course Outline: Musculoskeletal conditions are influenced by factors from many different dimensions: movement, psychological, social, pain sensitivity, health and lifestyle. To optimize treatment in either acute or persistent conditions, clinicians need to piece together multiple dimensions of an individual's presentation. This course will provide participants with the skills and tools to assess and treat multiple dimensions of the pain jigsaw commonly seen in primary & secondary care. The course will be case-based and include live patient presentations.

Course Objectives:

1. Present evidence for multiple dimensions in common musculoskeletal conditions, and how this relates to pain physiology and multi-system responses in patient presentations
2. Provide strategies and tools for examining psychological, social, perceptual and health- and lifestyle-related contributions
3. Demonstrate practical skills for expanded pain assessments, assessment of perception and adaptive/maladaptive movement responses during physical assessment
4. Interpret findings from clinical cases to develop and deliver more effective treatment strategies based on multiple dimensions

Dr Niamh Moloney is a Musculoskeletal Physiotherapist who combines almost 20 years of clinical and academic experience. Her PhD (2012) investigated pain and sensory profiles in people with neck and arm pain, with her subsequent research focusing on assessment of pain profiles and its impact on prognosis and treatment response. In her research and clinical practice she has applied these approaches to a number of musculoskeletal conditions. She has taught in the area of pain and musculoskeletal physiotherapy since 2005 holding positions at the University of Sydney (Lecturer) and Macquarie University, Sydney (Senior Lecturer, currently Honorary Research Fellow) and contributing to the

Neuromusculoskeletal Masters, University College Dublin. She currently lives in Guernsey where she combines her research and teaching with clinical practice.

Dr Martin Rabey is a Specialist Musculoskeletal Physiotherapist and Fellow of the Australian College of Physiotherapists. His PhD (2016), completed at Curtin University in Perth, explored the complex interactions between multiple dimensions (pain sensitivity, psychological, health and lifestyle, movement, behaviour, demographics, socioeconomics) associated with persistent low back pain. Following this, he was part of a team researching complex interventions for persistent low back pain at Neuroscience Research Australia. He has since returned to clinical practice in Guernsey in the Channel Islands where he grew up. His ongoing research revolves around the examination and management of chronic pain disorders. He has been teaching pain physiology to clinicians since 2001.


30 Seats

€340.00

16 Hours

18,4 ECM

INTENDED FOR

Doctors and
Physiotherapists

PAYMENTS

Deposit €170.00 + VAT
22% (€207.40) within 7
days from the
registration

Balance €170.00 + VAT
22% (€207.40) by date
September 1, 2019

Total: €340.00 + VAT
22% (**€414.80**)

CALENDAR

07-08 September 2019

LANGUAGE

English with
simultaneous Italian
translation

SCHEDULE

DAY 1

8:30 - 9:00

Registration and opening of the course

Session 1 - Lesson

09:00 - 11:00

Rationale for multi-dimensional evaluation and treatment: current state of evidence

Overview of the neurophysiology of pain relevant for multi-dimensional evaluation and treatment

11:00 - 11:10

Coffee Break

Session 2 - Interactive Lesson

11:10 to 13:00

Expanding from traditional evaluation to the multi-dimensional frame Addressing difficult questions

13:00 - 14:00

Lunch

Session 3 - Practice

14:00 - 16:00

Physical Exam: Part 1

Evaluate pain sensitivity, respiratory patterns and body perception

16:00 - 16:10

Coffee Break

Session 4 - Demonstration of the patient

16:10 - 18:00

Demonstration of the patient: evaluation and treatment

Summary and discussion of patient assessment and treatment

DAY 2**Session 5 - Interactive Lesson**

08:30 - 11:00

Evaluation of contributions related to multi-dimensionality - case discussion

Screening tools / further evaluation in practice: what, when and why?

11:00 - 11:10

Coffee Break

Session 6 - Practice

11:10 - 13:00

Physical Exam: Part 2

Evaluation of adaptive and maladaptive responses to pain within the physical exam

Evaluation of cognitive drivers for response and movement patterns

13:00 - 14:00

Lunch

Session 7 - Interactive Lesson

14:00 - 15:30

Interpretation of clinical signs from multi-dimensionality to treatment planning

15:30 - 15:40

Coffee Break

Session 8 - Demonstration of the patient

15:40 - 17:30

Patient Demonstration and Treatment Demonstration

Reflection and discussion of patient assessment and treatment

17:30 - 18:00

ECM test and conclusion of the course