Lower Back Pain – Solving the Lumbar-Pelvic Complex – A one-day workshop

Tutor:

Dr. Marie-Elaine Grant. Dip Physio. (NUI) PhD, SMISCP, MCSP.
International Olympic Committee: Medical and Scientific Commission

Dr Marie-Elaine Grant, Ireland’s Olympic Team Lead Physiotherapist from 1990 – 2010, a specialist member of the Irish Society of Chartered Physiotherapists is the appointed physiotherapist to the International Olympic Committee’s (IOC) Medical Commission, Games Group.

As lead physiotherapist to the Olympic Council of Ireland she has been appointed to the Irish Olympic Team for 5 consecutive Summer Olympic Games commencing with Barcelona 1992 through to Beijing 2008 and also served with the Irish Winter Olympic Team in Turin 2006 and Vancouver 2010 and was appointed to 10 Irish European Youth Olympic Squads.

In 2011 Marie-Elaine was appointed to the International Olympic Committee’s (IOC) Medical Commission Games Group, as a clinical expert in sports physiotherapy, in this role she has been responsible for monitoring physiotherapy activities and facilities for participating nations at the London 2012, Sochi 2014 (Winter Olympic Games) and the Rio 2016 Olympic Games. She has also worked with the IOC’s Injury and Illness Surveillance research team during the Olympic Games, the findings of these studies have been published in the BJSM.

Marie-Elaine was awarded Specialist Membership of the Irish Society of Chartered Physiotherapists in recognition of expertise in Sports and Exercise Physiotherapy. In 1997 she undertook an extensive PhD study by research and thesis on “An Experimental Investigation into the effects of strengthening of the Spine” under the supervision of the renowned Professor Craig Sharp. Treatment and rehabilitation of the spine continues to remain central to her field of practice and expertise. She is an associate member of the UCD Institute of Sports and Health and commissioned their Elite Athlete Academy physiotherapy service. She is involved in extensive clinical practice and continues to participate in clinical research with peer reviewed publications in leading sports medicine and physiotherapy journals.

Venue: Physiotherapy Department Liskeard Community Hospital Clemo Road Liskeard PL14 3XD

Date: Sunday 7th May 2017

Attached: Programme/Directions/Application form

Course commences:

09:00 registration
09:15 start
11:00 refreshment break
13:00 Lunch
16:00 finish
LOWER BACK PAIN
SOLVING THE LUMBAR–PELVIC COMPLEX
A ONE-DAY WORKSHOP
SUNDAY 7th MAY 2017

PROGRAMME: PRACTICAL AND THEORY

Course commences: 09:00 registration
09:15 start
11:00 refreshment break
13:00 Lunch
16:00 finish

Throughout the one day workshop questions and discussion are encouraged, delegates will also have the opportunity to participate in the practical sessions.

Course Aims:

• This workshop aims to give a clear understanding of the reasons why back pain occurs in 80% of the population, a clear understanding of the biomechanics and pathology underpinning Low Back Pain.
• Key factors relating to the prevention of low back pain and the role of core stability in injury prevention will be discussed.
• Participants will be given a clear understanding of clinical, functional and dynamic evaluation techniques of the Lumbar – Pelvic complex relative to both athletes and non-athletes.
• Demonstration and discussion on the application of evidence-based treatment and rehabilitation approaches including joint and soft tissue manual techniques
• Correction of Biomechanics and alignment issues.
• Practical guidelines for strengthening while addressing many of the myths associated with ‘core – stability’.

Learning Outcomes:

Workshop participants will:

• Improve their knowledge of the Anatomy of the Lumbar – Pelvic Complex
• Advance their understanding of the Lumbar–Pelvic functional biomechanics
• Develop a clear understanding of the pathological reasons associated with the painful and dysfunctional Lumbar–Pelvic unit.
• Deepen their understanding the factors associated with mechanical LBP how load, overuse and trauma can contribute to the problem.
• Advance their skills in assessment including the role of scans, neurological assessment, special tests, movement patterns, biomechanics, palpation, the kinetic chain, loading and functional tests and evaluating core stability
• Increase their understanding of the necessary criteria to make the best choices in treating, rehabilitating, managing and preventing the problem.
• Increase competence in the application of the effective core stability programme understanding based on evidence strategies and expected outcomes.
DIRECTIONS

LISKEARD COMMUNITY HOSPITAL

CLEMO ROAD LISKEARD CORNWALL PL14 3XD

FOR FURTHER INFORMATION PLEASE VISIT GOOGLE MAPS

Directions to Liskeard Community Hospital from Saltash/Plymouth

At the Carkeel roundabout take the 3rd exit (marked Liskeard A38). Stay on the dual carriageway until you see sign for Liskeard. Take the slip road off the dual carriageway. At the next roundabout, take the second exit, the road splits in two take the right hand lane to Liskeard. At the next roundabout, take the right exit. The Morrisons will be on your left. At the next roundabout, go straight across onto Charter Way. Go up the hill, take the 3rd right turn into Clemo Road (Aldi by this turning).

The hospital is at the bottom of the road where you will find the free hospital car park.

Directions to Liskeard Community Hospital from Bodmin

From Bodmin, head for A38 (Liskeard). Go through Dobwalls and turn off for Liskeard. (Not 1st slip road off dual carriageway but 2nd exit marked A390 Callington). Go straight across mini roundabout, approach larger roundabout (Morrisons opposite), take right exit (marked Callington), this leads you to Charter Way. Take 3rd turn on the right (Vospers Garage beside this turning). Enter Clemo Road, the hospital is at the bottom where you will find the free hospital car park.

Catering: Refreshments will be provided together with sandwiches for lunch

Shop: There are no shop facilities at Liskeard Community Hospital

Car Park: Free car parking facilities
LOWER BACK PAIN
SOLVING THE LUMBAR-PELVIC COMPLEX
A One-Day Workshop
PHYSIOTHERAPY DEPARTMENT
LISKEARD COMMUNITY HOSPITAL
SUNDAY 7TH MAY 2017

APPLICATION FORM

Name:
(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact Nos:  Home : 
Work : 
Mobile : 

E-mail address :

Place of work :

Grade :  Area of work :

Course Fee :
Fee: £132.00 per person
Fee: £200.00 per person should you wish to attend
Tendinopathy one-day course on 6th May

Apply to :  Anna Watson - Events Director
E-mail: anna@welbeing-cpd.co.uk
Mobile: 07919 264115

Payment Terms:
BACS:
Bank: Barclays Bank Limited / Sort Code: 20-45-45 / Account No: 33500489
Account: Welbeing Training & Events Limited

Cheques: Please make cheques payable to Welbeing Training & Events Limited
Post to address as shown below

Credit/Debit Cards Payments
Accepted via phone

Included in fee:
Course notes - Certificates to assist with your CPD
Refreshments (Tea & Coffee only)

Cancellation Policy
• Upon receipt of your application form and course fee you will be sent an email confirming your place on the course and receipt of the course fee.

• A full refund will be given if written cancellation is received by Welbeing Training & Events Limited no later than six weeks before the course date. No refunds will be made after this time. Substitute delegates are accepted at any time.

• Welbeing Training & Events Limited reserves the right to cancel the course if there are insufficient delegates. If, in the unlikely event a tutor cannot attend the course, Welbeing will endeavour to find a new date for the course to be held. Welbeing will not be held responsible for any losses incurred as a result of course cancellation.