

HEALTH EDUCATION SEMINARS

6th International Evidence Based **PHYSICAL THERAPY** Conference & Exhibition

Keynote Speakers

Assoc Prof **Peter O'Sullivan**
Professor **Daniëlle van der Windt**

Subjects covered

Low Back Pain
Frozen Shoulder
Neovascularity & Tendon Pain
Cognitive Behavioural Therapy
Complex Regional Pain Syndrome
Laser Therapy
Whiplash

(see inside for full conference programme)

Saturday 17th April 2010

University of Warwick (Conference Park, CV4 7AL)

"The most accessible conference centre in the UK by road, rail and air."
On-site accommodation also available

Pre Conference Sports Lecture & Post Conference Courses

1. The ZAMAR Sports Lecture “The Sporting Knee “(Friday evening lecture 16th April 2010):
Dr Mark Gillett (1st Team Doctor, Chelsea Football Club)

2. First Aid for Appointed Persons - April 18th 2010, Mr Tony Bennison

Conference Programme

07.50 - 08.50	Registration, Refreshments & Trade Exhibition viewing
08.50 - 09.00	Introduction
09.00 - 09.30	Treating low back pain with the McKenzie approach: evidence for assessment reliability, prognosis and outcome Dr Stephen May <i>FCSP PhD MSc, Senior Lecturer in Physiotherapy, Faculty Health and Wellbeing, Sheffield Hallam University, UK</i>
09.30 - 10.30	Managing non-specific chronic low back pain - Is it time for a new approach? <u>Lecture and patient presentation.</u> Assoc Professor Peter O’Sullivan <i>PhD FACP Specialist Musculoskeletal Physiotherapist, School of Physiotherapy, Curtin University of Technology, Perth, Western Australia. Keynote Lecture</i>
10.30 - 11.00	Refreshments & Trade Exhibition viewing
11.00 - 11.45	Frozen Shoulder: Incidence, prognosis and best management Professor Daniëlle van der Windt <i>PhD Professor in Primary Care Epidemiology, Arthritis Research Campaign National Primary Care Centre, Primary Care Sciences, Keele University, Staffordshire, UK. Keynote Lecture</i>
11.45 - 12.30	Neovascularity and tendon pain. Does its presence really equate with symptoms? What is the evidence for sclerosing injections? Findings from a clinical trial and systematic review. Dr Jeremy Lewis <i>PhD, MSc, Consultant Physiotherapist and Visiting Professor Visiting Reader-St George’s University of London, Research Lead-Chelsea & Westminster Hospital Foundation NHS Trust.</i>
12.30 - 13.45	Lunch & Trade Exhibition viewing
13.45 - 14.30	How to use Cognitive Behavioural Therapy to improve outcome (<i>immediately and in the long term</i>) for your patients with musculoskeletal pathologies. Ms Jane Clarke <i>MSc BSc (Hons MCSP), Specialist Physiotherapist in Pain. Bath Centre for Pain Services, RNHRD, UK</i>
14.30 - 15.15	Complex Regional Pain Syndrome: Incidence, recognition and evidence based management. Dr John Outhwaite <i>MB BCH MA FRCP Consultant Physician, London Bridge and The Wellington Hospital, London, UK. Consultant in Rheumatology Rehabilitation, Nuffield Orthopaedic Centre NHS Trust, Oxford</i>
15.15 - 15.45	Refreshments & Trade Exhibition viewing
15.45 - 16.30	Laser therapy for musculoskeletal pathologies: Mechanism of action, evidence, and improving clinical outcome. Professor Jan M Bjordal , <i>President - World Association for Laser Therapy, Faculty of Health and Social Sciences. Bergen University College, Bergen, Norway</i>
16.30 - 17.15	Whiplash: Assessment and treatment to optimise recovery. Mr Christian Worsfold <i>MSc (Rehab Studies) PGDipManPhys MMAPCP, Musculoskeletal Physiotherapist, Private Practitioner, The Tonbridge Clinic, Kent, UK</i>
17.15 - 17.20	Summary and Conference Closed

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In order to maximise the CPD opportunities available for delegates, we have added a Friday evening lecture and two post conference courses to this years programme.

The ZAMAR Sports Lecture

*** The Sporting Knee ***

Friday 16th April 2010 (19.15hrs - 21.15hrs approx)

Dr Mark Gillett

1st Team Doctor, Chelsea Football Club, A&E Consultant Heartlands Hospital, Birmingham,
Sports Physician for British Basketball

Mark has worked in sports medicine for a number of years, initially with swimming and more recently with football, tennis and basketball. He was the Medical Officer to Team England at the 2002 Commonwealth games, and to the GB team at the 2001 World University Games. He now combines working for Chelsea Football Club, Heartlands Hospital, British Basketball with work as a sports physician at several private clinics.

The presentation will include:

- Types of knee injury
- Incidence of knee injury
- Immediate medical management
- Surgical intervention - including latest surgical innovations
- Rehabilitation - innovations being used in elite sport
- Question & Answers to finish

Fee: £30 before Jan 31st 2010 (£40 after Jan 31st 2010) includes handouts and CPD certificate - 2hrs

Post Conference Course

*** First Aid for Appointed Persons ***

Sunday 18th April 2010 - University of Warwick

Tutor

Tony Bennison trained as a Combat Medical Technician with the British Army in 1987 he served in various theatres and on attachments to civilian A&E departments and the London Ambulance Service. He is a Lecturer in Resuscitation at Middlesex University, training Doctors, Nurses, Physiotherapists and Midwives in Basic, Paediatric, Maternal and Advanced Life Support, Trauma Management and Resuscitation Ethics.

He is recognised as one of the best first aid trainers in the UK.

An intensive 1-day First Aid course, with extensive scenario based training and incorporating the Health & Safety Executive's 'Appointed Persons' syllabus. Delegates attending this course will receive a Health & Safety Executive 'Appointed Persons' certificate of attendance which is valid for 3 years. Taught by one of the country's finest First Aid tutors, this CPD day will be a truly memorable and potentially life-saving experience.

- Legalities of First Aid: Duty and Standard of Care, professional obligation and scope of Practice
- The Primary Survey: AcBCDE
- Basic Life Support with adjuncts: Resuscitation Council Guidelines 2005, Adult and Paeds algorithms; AED demo
- Assessment and management of the unconscious casualty: GCS vs AVPU
- Management of trauma, medical and environmental scenarios: case studies and open forum

Delegates attending this course will receive a Health & Safety 'Appointed Persons' certificate which is valid for 3 years

Fee: £115 (payable to Health Education Seminars, includes course handouts, refreshments, buffet lunch and First Aid certificate valid for 3 years)

PLACES LIMITED

CONFERENCE Booking Form

Please print clearly your name and contact details as these will be used on the delegate certificates.

Payment must be received in full before attending the course or conference. Confirmation of a delegate place will only be on receipt of full payment. Confirmation of your booking will be sent **by email** with a map, travel details and further information about the course or conference.

Title _____ First name _____ Surname _____

Profession _____ I work in NHS Private Practice other

Address _____

Post Code _____ Country _____

Email _____

Tel No (day) _____ (evening) _____

Where did you hear about the course/conference? _____

Special dietary or other requirements (please enter details) _____

Friday Evening Lecture Fees: (includes light refreshments, lecture notes, trade exhibition and CPD certificate - 2hrs)

ADVANCE fee (before January 31st 2010) = **£30** (incl vat)

STANDARD fee (after January 31st 2010) = **£40** (incl vat)

Conference Registration Fees: (includes delegate pack, refreshments, lunch, course handouts, trade exhibition and CPD certificate - 8hrs)

SUPER ADVANCE fee (before November 30th 2009) = **£120** (incl vat)

ADVANCE fee (after Nov 30th & before Jan 31st 2010) = **£140** (incl vat)

STANDARD fee (after January 31st 2010) = **£180** (incl vat)

STUDENTS fee (copy of valid NUS card req'd by January 31st 2010) = **£95** (incl vat)
(30 student places available)

Courses Registration Fees: (includes refreshments, lunch, course handouts and CPD certificate)

FIRST AID for APPOINTED PERSONS (April 18th 2010) = **£115** (incl vat)

Total Fees: = £ _____

Accommodation - details of conference discount accommodation will be sent on receipt of booking.

Details also available at www.heseminars.com

Cancellation Policy

All cancellations must be made in writing to Health Education Seminars at the address above. Substitute delegates are welcome at any stage. Cancellations made before February 17th 2010 will receive a full refund less a £50 cancellation fee. We regret that no refund is available if cancellation received after February 17th 2010, for whatever reason.

Please send your completed Booking Form **together** with appropriate delegate fees (by cheque, payable to **Health Education Seminars**) to:

Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU

Tel/Fax 01202 568898 email: info@heseminars.com

EBPT5 SOLD OUT by mid January 2009 so BOOK TODAY to avoid missing out