

Program

The Painful Joint; From problems to solutions

The program will be conducted over 9 days and 28 hours. Delegates will enjoy early morning and late afternoon/night sessions involving presentations, discussions, demonstrations and practical workshops. These sessions will include but not be limited to the following topics:

- 1) **Inflammation: what it is and what it is not** (Robert Clancy)
- 2) **'Medical model' of joint pain**
- 3) **The medical side of musculo-skeletal disease: is it the dark side?**
- 4) **The challenge of the inflamed shoulder** (Jenny McConnell)
 - Review of the functional anatomy
 - "Hands-on" workshop
 - Examination of the painful shoulder
 - Treatment strategies and techniques
 - Taping the shoulder
 - Case-based discussion and questions
- 5) **Patello-Femoral joint dysfunction: update 2008** (Jenny McConnell)
 - Where are we now?
 - Differentiating origins of pain
 - Understanding the fat pad: a potent source of knee pain
 - Understanding the role of the VMO in pain reduction
 - "Hands-on" workshop
 - Examining the patello-femoral joint
 - Treatment strategies and taping
 - Restoring VMO function
 - Case-based discussion and questions
- 6) **The Hip: The forgotten link between back and knee pain** (Jenny McConnell)
 - Role of gait analysis
 - Evaluating gait
 - Practical workshop
 - Analysing and correcting gait
 - Case-based discussions and questions
- 7) **Low Back Pain: the impact of sitting and seating** (Jenny Pynt)
 - The effect of sitting on spinal structures

- The importance of movement
- Least harmful seated postures
- Why the ancient Greeks may be responsible for modern back pain
- Tips and techniques for pain free sitting
- DIY: Strategies for improving recreational, commuter and office seating

8) Interventions in the treatment of low back pain: Therapeutic options (Jenny Pynt)

- When manipulation isn't all it's cracked up to be
- To flex, extend or stabilise, that is the question
- Practical workshop; core stability, flexion and extension exercises
- Case-based discussion and questions

9) Challenging therapeutic approaches (Jenny McConnell)

- A different view of chronic low back and leg pain
- The influence of posture and how to change it
- Practical workshop; changing postures

10) Integrating treatment approaches, achieving solutions

(Moderator Robert Clancy)

- Case-based workshop discussions
- Questions