

June

It's Not Just About the Spine - Understanding and managing spinal pain

Presented by Professor Peter O'Sullivan

Date
Friday 15th June 2018

Time
Registration: 12.30pm
Course: 1pm-5pm

Venue
ADA House
54-58 Havelock St West Perth

Fee (inc gst)
\$264.00
(Includes light lunch & aft/tea)

Convenor
Dr Jenny Ball

CPD Hours: 3.5



Course Outline:

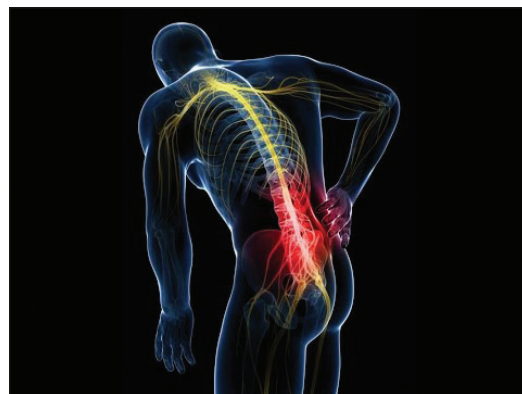
Spinal pain is one of the most disabling health care disorders and commonly reported in dentists, with 50% reporting neck pain and 30% back pain. Historically spinal pain has been thought to be caused by damage or degeneration of the spine, weakness of the core muscles and or 'poor' posture. However there is little strong evidence to support these beliefs. In contrast there is growing evidence that spinal pain is complex and is influenced by a combination of factors such as: genetics, gender, poor sleep patterns, inactivity, stress, muscle tension and low mood. Persistent and disabling spinal pain is associated with unhelpful beliefs and behaviors that drive fear, distress, sensitisation, protective guarding and avoidance. A cognitive functional approach provides a personalised evidence based understanding of spinal pain, pain control strategies to enable people to build confidence to engage with painful, feared and avoided valued activities, and addresses unhelpful lifestyle behaviors. There is growing evidence that this approach results in larger long-term benefits over traditional approaches.

About the Presenter:

Peter O'Sullivan is a Professor at the School of Physiotherapy and Exercise Science, Curtin University, WA and works as a Specialist Musculoskeletal Physiotherapist (awarded by the Australian College of Physiotherapists in 2005) at Bodylogic Physiotherapy, Shenton Park, WA.

He and his team conduct clinical research investigating the life course, underlying mechanisms and targeted management of persistent and disabling musculoskeletal pain disorders. With his team he has developed an integrated person centred management approach for disabling musculoskeletal pain disorders called 'cognitive functional therapy'.

He has published over 200 papers and numerous book chapters with his team in international peer review journals, has been an invited speaker at more than 90 National and International conferences and has run clinical workshops in over 24 countries. Peter's passion is translating research into clinical practice.



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Course Name: _____ Course Date: ___ / ___ / ___

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Title: (Prof/Dr/Other)	<input type="text"/>	Name of Employing Dentist (required for practice staff)	<input type="text"/>
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Surname:	<input type="text"/>		<input type="text"/>
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Additional Participants: (Names) _____ Special Dietary Vegetarian Gluten Free
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Fax completed form to ADA WA Branch +61 8 9321 1757 or email to cpd@adawa.com.au

Cheque: Make cheque payable to ADA WA Branch Inc and post to PO Box 34, West Perth WA 6872 with your Registration Form.

No Certificate of Attendance will be issued. A receipt/tax invoice will be provided showing the course name and CPD hours for your records.

Bookings, Course & Payment Enquiries: ADA Office +61 8 9211 5600 Email: cpd@adawa.com.au

Other Enquiries: Dr Jenny Ball 0419 044 549 jenny@adawa.com.au

Please note: Your registration for these events indicates acceptance of the CPD Terms and Conditions contained in the WA Dental CPD 2018 Course Book.

Online registration and secure payment available on the ADA WA website www.adawa.com.au ADA CPD area
STRICTLY Attendees paying regular course fee ONLY