



2018 CPD Catalogue

for Therapy & Sports Rehab Professionals

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Continuing Professional Development courses for Physios, Osteos, Chiro's & Sports Rehab Professionals



ACL Rehabilitation Update	Dr Lee Herrington PhD, MSc, MCSP, SRP, CSCS
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Cervical Spine: Risk Assessment & Rehabilitation for clinicians	Alan Taylor MCSP MSc MLACP & Roger Kerry MCSP FMACP MSc
Clinical Reasoning, Treatment & Management Principles in Low Back Pain - a patient centred approach	Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP & Mr Matthew Low MSc BSc (Hons) MMACP
A Cognitive Behavioural Approach in Physical Therapy: Enhancing Clinical Practice	Mark Woolvine MCSP BSc (Hons) MSc Post Grad Dip CBT
Combined Approach to the Sacro Iliac Joint	Howard Turner BSc BAppSc MCSP
Dizziness - Vestibular Assessment, Treatment & Rehabilitation: level 1 & level 2	Alan Sealy BSc (Hons), Grad Dip Manipulative Physiotherapy
Elite Sports Taping evidence & experience from professional sport	Ashley James MCSP
Examination of the Active Foot & Ankle	Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC
Generation Timebomb - the implications & impact childhood experiences have on your patients physical profile & ability	Wendy Joy MCSP & Jane Reynolds MCSP
Managing Occupational Low Back Pain	Ashley James MCSP
Manual Therapy Masterclass a. <i>The Upper & Lower Limb Joints</i> and b. <i>The Spine</i>	Ian Gatt MSc OMT MAACP MCSP BSc(Hons) Lead Physio - GB Boxing
Modern Exercise Prescription for Therapists	Nick Grantham MSc, CSCS, ASCC Performance Enhancement Specialist
Muscle Energy Techniques: Lx & Pelvis	Jay Cookson MCSP MMACP
Paediatric & Adolescent Musculoskeletal disorders: an introduction	Thomas Quantrell MCSP MSc BSc (Hons)
Paediatric Orthopaedic workshop	Peter Beirne Grad Dip Phys MCSP
Paediatric Respiratory workshop	Paul Ritson Grad Dip Phys MCSP
Respiratory Care Update & Advanced Respiratory Care	Matthew Quint MCSP MPhil Mary-Ann Broad MCSP
Rehabilitation of Sports Injuries from initial injury to sport specific training - concepts in reloading the injured athlete	Dr Ian Horsley PhD MSc MCSP MMACP CSCS Regional Lead Physiotherapist & NW Technical Lead - English Institute of Sport
Shoulder Savers - an integrated approach to injury reduction & rehabilitation	Jo Gibson MCSP MSc (Adv. Practice) and Nick Grantham MSc, CSCS, ASCC, Performance Enhancement Specialist
Spinal Manipulation: Facilitating Rehabilitation	Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP
Sporting Hip & Groin	James Moore M.Phty (Manips), BSc (Hons) MCSP, CSCS
Sport & Exercise First Aid (introductory level)	Tony Bennison specialist sports first aid trainer
Sports Massage Masterclass	Julian Berriman BSc (Hons) Ost
Sporting Hand, Wrist & Elbow	Ian Gatt MSc OMT MAACP MCSP BSc(Hons) Lead Physio - GB Boxing
The Athletic Shoulder identification of specific rehabilitation strategies	Dr Ian Horsley PhD MSc MCSP MMACP CSCS and Ben Ashworth MSc BSc (Hons) MCSP
The Neck: Clinical Rehabilitation	Chris Worsfold MSc PGDipManPhys MCSP MMACP
The Shoulder, Theory & Practice (15th edition)	Dr Jeremy Lewis PhD. FCSP
The Shoulder - Steps to Successful Treatment	Jo Gibson MCSP MSc (Adv. Practice)
The Sporting Spine	Jay Cookson MCSP MMACP
Unravelling Strength & Conditioning for Therapists	Andrew McCauley MSc BSc CSCS HCPC MCSP

Anterior Cruciate Ligament Rehabilitation Update

Dr Lee Herrington - PhD, MSc, MCSP, CSCS

Sept 30th - Chertsey, Surrey
October 28th - Oxford

Tutor

Lee is a Senior Lecturer in Sports Rehabilitation, University of Salford; programme leader for the MSc Sports Injury Rehabilitation course. Has a technical lead clinical role with the English Institute of Sport and acts as a consultant physiotherapist to a number of premiership & championship football and rugby union clubs. Worked as part of the Team GB medical team at the London 2012 Olympic Games and the Team GB medical team for the Baku 2015 European Games. Has previously worked with British Swimming team, Great Britain Women's Basketball team, Wigan Warriors and Great Britain Rugby League teams. Research interests are the treatment and rehabilitation of sports injuries, specifically: anterior knee pain; hamstring muscle injuries and rehabilitation following knee surgery (principally ACL reconstruction), along with work into the swimming and rugby shoulder, has published over 100 research papers.

Course Description

Injury to the Anterior Cruciate ligament is a significantly disabling problem for the professional sports person and recreational athlete alike. Clear management strategies are required to return the patient to their chosen sport as quickly yet as safely as possible. Current practice is to either reconstruct or rehabilitate and cope with the ligament deficiency. Both these approaches require appropriate management in terms of exercise rehabilitation and return to sport criteria. This course aims to provide participants with strategies to both appropriately managed both the ACLR and ACLD patients and monitor treatment progress towards a successful outcome.

Course aims

- To provide participants with the necessary background knowledge to provide exercise rehabilitation to both the ACL deficient and ACL reconstructed patient.
- To provide participants with the skills necessary to assess function and performance of these patients

Course content

- ACL anatomy and functional biomechanics
- Nature of ACL injury
- Assessment of ACL injury
- Functional assessment of ACL injury
- ACLD (ACL deficient) - identification of copers
- ACLR (ACL Reconstruction); types of surgery & implications for rehabilitation
- ACLR (& ACLD) Rehabilitation
- Monitoring & performance measurement
- Complications
- Return to sport criteria
- Prevention of ACL injuries; an introduction to the Sportsmetrics programme

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs).

Anterior Knee Pain

Differential Diagnosis & Treatment

Dr Lee Herrington - PhD, MSc, MCSP, SRP, CSCS

Sept 29th - Chertsey, Surrey
October 27th - Oxford

Tutor

Lee is a Senior Lecturer in Sports Rehabilitation, University of Salford; programme leader for the MSc Sports Injury Rehabilitation course. Has a technical lead clinical role with the English Institute of Sport and acts as a consultant physiotherapist to a number of premier & championship football and rugby union clubs. Worked as part of the Team GB medical team at the London 2012 Olympic Games and the Team GB medical team for the Baku 2015 European Games. Has previously worked with British Swimming team, Great Britain Women's Basketball team, Wigan Warriors and Great Britain Rugby League teams. Research interests are the treatment and rehabilitation of sports injuries, specifically: anterior knee pain; hamstring muscle injuries and rehabilitation following knee surgery (principally ACL reconstruction), along with work into the swimming and rugby shoulder, has published over 100 research papers.

Course Description

The course is delivered through a series of lectures, practical demonstrations, and practical tutorials. A course handbook will be available to support all materials presented.

The course investigates the many and varied causes of anterior knee pain, looking at the features of each of these individual pathologies which allow for differential diagnosis of these conditions. Assessment of anterior knee pain section is very interactive with frequent opportunities to practice the assessment techniques demonstrated. Treatment strategies for the treatment of the three commonest causes of anterior knee pain; patellofemoral pain, patella tendonosis and fat pad syndrome are included and treatment techniques included are taping techniques, joint mobilisations and exercise rehabilitation procedures.

The delegates will have frequent opportunities to practice during this interactive course.

Course aims

- Develop an understanding of differential diagnosis of anterior knee pain
- Develop an understanding of the causes of altered Patellofemoral joint stresses & mal-tracking
- Gain an insight in the examination and treatment of the causes of altered Patellofemoral joint stresses & mal-tracking
- Gain insight into the examination and treatment of patella tendonosis and fat pad syndrome

AM	PM
Anterior knee pain differential diagnosis <ul style="list-style-type: none">• Distinguishing the features of patellofemoral pain syndrome, patella tendonosis, iliotibial band friction syndrome, plica syndrome, fat pad syndrome, traction apophysitis and local nerve entrapment Assessment of anterior knee pain <ul style="list-style-type: none">• Incorporating: motion control testing, passive joint tests, muscle length tests and neurodynamic testing	Treatment of patellofemoral pain, patella tendonosis and fat pad syndrome. Incorporating the use of: <ul style="list-style-type: none">• exercise rehabilitation strategies• joint mobilisations• soft tissue stretching• taping

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs).

Assessment of the Foot in relation to Gait Dysfunction and Injury

Paul Harradine

MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist, FCPodMed

July 14th/15th - London
Sept 22nd/23rd - Salisbury
October 6th/7th - Chesterfield

October 20th/21st - Norfolk
Nov 10th/11th - Peterborough
December 8th/9th - Reading

Tutor

Paul Harradine graduated from the Northampton School of Podiatry in 1994. He is currently the Company Director of The Podiatry & Chiropody Centre, Portsmouth, as well as running a number of private podiatric clinics in Portsmouth and Southampton. He was the Clinical Lead Specialist in podiatric biomechanics within Portsmouth HealthCare NHS Trust between 2000 – 2004. Paul also has a Masters of Science in Sports Injury and Therapy, Certificate in Professional Studies 'Sports Podiatry', Post Graduate Certificate in Sports Science from Manchester Metropolitan University and a Certificate in Education. Paul has regularly taught podiatric workshops to podiatrists, physiotherapists and Naval Medical personnel over the past 16 years. He is a fellow of the College of Podiatrists in Podiatric Medicine.

Course Description

This intensive 2 day theoretical and practical course is based on extensive clinical experience in assessment and treatment of lower limb and gait dysfunction, as well as extensive reference to research publications. A number of pathologies will be presented together with appropriate assessment and treatment techniques. The evidence supporting the use of the assessment and treatment procedures will also be presented. Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

Topics Covered and Learning Outcomes - see overleaf

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 15hrs).

Assessment of the Foot in relation to Gait Dysfunction and Injury

Topics covered

1. Historical perspective of foot and ankle assessment
2. Functional anatomy of the lower limb
3. Terminology used in the assessment of the lower limb
4. Normal and abnormal foot function foot function in walking gait
5. Non-weightbearing assessment of foot morphology (including practical)
6. Leg length assessment (including practical)
7. Weightbearing static assessment of foot posture (including practical)
8. Walking real time clinical gait analysis (including practical)
9. Treatment for foot based gait dysfunction including taping, footwear advice and temporary foot orthotics (Including practical)
10. How foot orthotics work
11. Evidence based approach for foot based treatment plans of:
 - 1st Ray Pathology
 - “Metatarsalgia”
 - Midfoot Pathology
 - Plantar Fasciitis
 - Achilles Tendonopathy
 - Chronic Sinus Tarsi Syndrome / lateral impingement syndrome
 - Posterior Tibial Tendon Dysfunction
 - Anterior Knee pain syndrome
 - Ilio tibial band syndrome
 - Lower back pain

And specific client groups of:

- Flexible paediatric pes planus
 - The Rheumatoid foot
 - The Diabetic foot
12. The Runner
 13. Running gait analysis in relation to injury, such as medial tibial stress syndrome
 14. Running footwear / trainer choice

Learning outcomes.

Upon completion of the course, the delegate will:

- I. Be able to demonstrate the relation of normal and abnormal foot function to gait
- II. Be able to construct simple orthotics (made of felt) with modifications aimed to improve gait and decrease foot related gait dysfunction.
- III. Be able to apply taping where relevant to decrease abnormal foot function in gait.
- IV. Identify changes in gait following treatment and relate this to symptom outcomes.
- V. Understand the role of foot function in gait dysfunction related lower limb injury and construct a best-practice treatment plan for common symptoms
- VI. Understand the effect of systemic conditions such as rheumatoid arthritis and diabetes on foot function and gait and modify treatment plans around these
- VII. Recognise the differing running gait styles and their possible relation to injury
- VIII. Construct treatment plans for the injured runner based around symptom assessment and running gait analysis.

Athletic Screening & Exercise Prescription

Simon Noad MSc PGDip BSc (Hons) MCSP MMACP

July 21st - Bolton, Lancashire
Sept 29th - Reading

Available to host - Oct, Nov & early Dec

Tutor

Simon is currently employed by the English Institute of Sport and is the Lead Physiotherapist for GB Sprint Canoe. He works alongside an extensive team tasked with developing athletes who can be successful at the Olympic Games in 2020. Simon has acquired experience across a variety of sports whilst continuing to work with clients of all ages and professions privately. He has lectured on MSc and BSc programmes, presented external CPD events and delivered teaching seminars to a range of therapists. Prior to his current role Simon spent 5 years working for West Bromwich Albion FC, progressing to be the Head of Academy Science & Medicine. His passion for injury preventative interventions combined with his clinical experience and comprehensive academic background has provided Simon with a strong and updated knowledge base.

Course description

The screening of athletes is commonly practiced across sport for a variety of reasons. It may be to determine injury risk, create individualised injury prevention programmes, monitor athletic development, establish clinical markers or form part of a pre-signing medical. There are multiple methods and techniques that can be employed to try to achieve this. However, determining what tests to employ is very challenging; particularly as the evidence and professional opinion is very mixed.

Course Content

During this practical based day a variety of screening methods will be practiced and the evidence base critiqued. The advantages and disadvantages of combining different types of screenings, i.e. function and manual testing, will be discussed. Ways in which to review screening results and how to prescribe individualised injury prevention programmes from these results are demonstrated. Structuring and maximising the effectiveness of programmes is also reviewed. There is then further practical time to practice exercises or manual techniques that may be included in such programmes. To finish, groups undertake athletic screening specific cases studies. By the end of the day delegates will have gained an understanding of the underlying principles of athletic screening, have an idea of different methods, learn how to implement their own battery of tests, review their results and be able to implement preventative programmes aimed at reducing an individual's injury risk.

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

Clinical Reasoning, Treatment and Management Principles in Low Back Pain: A Person Centred Approach

Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP

Mr Matthew Low MSc BSc (Hons) MMACP

December 8th/9th - Woking, Surrey

Tutors

Neil is a Consultant Physiotherapist with a special interest in spinal function. He has worked in the NHS, private sector and M.O.D. He has attained a clinical doctorate at the University of Southampton focusing on clinical reasoning in low back pain and has published his research. He completed his MACP training in 2002 and his MSc in 2003. He is a previous Vice chair of the MACP and provides mentorship and examination support on MACP courses. He has presented all over the U.K and abroad whilst leading manual therapy sessions at a number of Universities. His current post in the NHS covers ESP leadership, complex patient management and research activities.

Matt is the Lead Clinician for MSK Therapy services at Royal Bournemouth & Christchurch Hospitals NHS Foundation Trust and leads a group of Extended Scope Practitioners from Orthopaedic and Rheumatology backgrounds.

Course Description

This newly constructed two day Lumbar Spine course brings together clinical reasoning, case study learning, applied hands-on management and approaches to manage people with low back pain. This course will appeal to clinicians who would like to gain more knowledge in the management of Low Back Pain in a supportive, interactive and engaging environment. The course is a combination of developed courses led by Neil and Matt over a number of years and is evidence-based and down to earth.

Led by two clinicians Dr Neil Langridge and Mr Matthew Low, the course will take time to explore the realities of manual therapy, the movement behaviours we can help, and the clinical reasoning that underpins how to make sensible decisions about LBP. Both clinicians have a wealth of experience in the assessment of LBP and management of presentations that commonly occur in the clinic setting. Neil has published on the subject of clinical reasoning in LBP and his doctoral work looked specifically at physiotherapy and ESP models of reasoning, whilst Matt aims to publish his work on the theory of causal dispositionalism in clinical practice and around the concept of motor control. Matt is also part of the CauseHealth network that is investigating the philosophical underpinnings of causation and its various impact on medically unexplained symptoms in healthcare.

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Clinical Reasoning, Treatment and Management Principles in Low Back Pain: A Person Centred Approach

Timetable

Day One	
09.00	Introduction to the course
9.15 - 10.00	Clinical Reasoning in the Lumbar spine (Lecture)
10.00 - 10.45	Treatment selections – A rationale (Lecture)
10.45 - 11.00	Tea & Coffee
11.00 - 11.45	Patient selection – Group work Case Study 1
11.45 - 12.30	Case Study 2
12.30 - 1.15	Lunch
1.15 - 3.00	Lumbar Spine pain/movement exploratory techniques
3.00 - 3.15	Tea & Coffee
3.15 - 4.00	Passive pain/movement modulatory techniques Lumbar spine
4.00 - 4.45	The context of Safety/Pathology in the assessment of spinal pain
Day Two	
9.00 - 10.00	What is Motor Control? Implications to clinical practice (Lecture)
10.00 - 11.00	Changing Movement Behaviours (Lecture)
11.00 - 11.15	Tea & Coffee
11.15 - 12.30	Case Studies 3 and 4
12.30 - 1.15	Lunch
1.15 - 3.15	Analysis of movement behaviour and relevance in clinical practice
3.15 - 3.30	Tea & Coffee
3.30 - 4.45	Functional Re-training

A Cognitive Behavioural Approach in Physical Therapy: Enhancing Clinical Practice

Mark Woolvine MCSP BSc (Hons) MSc Post Grad Dip CBT

Available to host in 2018

Tutor

Mark is a physiotherapist with over 16 years' experience as an Extended Scope Practitioner in MSK. His professional journey has included working at The Bath Pain Management Unit in 1999; Setting up a novel primary care back pain service in 2001 and later a primary / secondary care collaborative back pain service in 2005; completing an MSc in Neuromusculoskeletal Healthcare at Keele University in 2005; a Post Graduate Certificate in CBT at University of Southampton in 2010 and then qualifying as a Cognitive Behavioural Therapist in 2016 from the University of Birmingham.

His personal journey within the context of work / education has been challenging but rewarding. He experienced dissolution early in his career, noted very quickly the gulf in Psychological knowledge and skills within physiotherapy practice, frustration around the mind – body divide that continues to exist within Healthcare and finally showed a willingness to experience uncomfortable change by moving towards his values around work / education.

He brings to his clinical practice as a Physiotherapist a skill set taken from CBT that creates an opportunity for behavioural change with clients who are stuck and in distress. He has been promoting and encouraging change for the last 3 years in 2-day training courses across the UK including Nuffield Health and AHP Suffolk..

Course Description

"Patients never do what you tell them to do...they only do what they tell themselves to do"

If you reflect upon your clinical practice how much truth is in this statement? How much would it take for you to change a behaviour that was based upon a firmly held belief? Clinical practice can be difficult. The pressures imposed upon models of delivery within MSK for example results in shorter overall contact with clients within which to deliver meaningful, personalised treatment. This puts pressure on ourselves and can lead to job stress. Physiotherapists recognise a need for psychologically informed approaches but often lack the skills and confidence.

The aim of this 2-day course is to introduce delegates to skill sets taken from CBT to facilitate change for those clients whose behaviours are detrimental to their health and wellbeing with physical health problems. The course is delivered by a Physiotherapist still working in a busy clinical environment and the skills are realistic for such a setting. Role play, self-reflection, group discussion, videos and audio recordings are key learning methods used and delegates, to make the most of learning, should be prepared to move from their comfort zone.

Course Objectives

Key Learning areas covered on the course are:

- Socratic questioning
- The 5-area model
- Communication skills
- Thinking traps.
- Values
- How to facilitate moves towards values
- Values-based goals
- Introduction to motivational interviewing
- Behavioural experiments

For an insight into the scope for psychological skills within Physiotherapy we would recommend listening to Psychological Interventions in Physiotherapy with Dr Richard Bennett and the MACP <http://chewshealth.co.uk/tpmpsession9/>

Fee: £250 by cheque or by card, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Combined Approach to the Sacroiliac Joint

Howard Turner BSc BAppSc MCSP

July 7th/8th - Warrington

October 6th/7th - Cannock, Staffs

Sept 8th/9th - Salisbury, Wilts

December 1st/2nd - London

Tutor

Howard Turner holds a physics degree from Melbourne University and a physiotherapy degree from Latrobe University. He has lived in the UK since 1990, working in the NHS in London until 1994 and since in private practice. He has recently moved to live and practice in Cheshire. Howard was involved in the UK McConnell teaching programme 1995-2000, teaching shoulder and PFJ courses and lectures extensively in the UK and abroad. He compiled and began teaching the SIJ course in 1996.

Course Description

The course will cover manipulative, mobilisation and muscle energy techniques and exercise prescription for pelvic motion dysfunction. The course consolidates traditional models of pelvic girdle assessment and treatment with current research and philosophies of management. It aims to provide a straightforward yet comprehensive approach to the wide variety of pelvic disorders that present to manual therapists. Clinical reasoning models that are traditionally osteopathic in nature will be modified and updated to complement contemporary physiotherapy practice. Sacroiliac instability will be discussed in detail in view of current research on the functional anatomy and mechanics of stability of the region.

Course Objectives

- To enhance the delegate's knowledge of sacroiliac biomechanics and pathomechanics in view of current management strategies and recent research findings
- To enhance delegate's manual skills in the effective management of sacroiliac dysfunction

Upon completion of the course, delegates should be able to perform the following:

- Assess and interpret pelvic motion patterns
- Effectively utilise muscle energy techniques, mobilisation and manipulation to optimise pelvic symmetry and motion
- Effectively manage sacroiliac instability with manual treatment and exercise programmes
- Integrate management of sacroiliac motion dysfunction with management of adjacent dysfunction
- Recognise the contribution of SIJ dysfunction to lower limb and other disorders

Day 1 (09.00 - 17.00hrs)	Day 2 (09.00 - 16.00hrs)
<ul style="list-style-type: none">• Introduction/Applied anatomy & biomechanics of the pelvis and pelvic girdle dysfunction• Utilising leg length discrepancy to assess the pelvis• Utilising leg length discrepancy to treat the pelvis• Assessing myofascial disorders of the pelvis – a modified osteopathic model• Treatment of myofascial presentations• 'Piriformis syndrome' – a demonstration of useful positional release and taping techniques to complement rehabilitation strategies	<ul style="list-style-type: none">• The biomechanics of pelvic stability and pelvic rehabilitation• Functional assessments of stability• Assessing intra-articular SIJ dysfunction• Passive movement assessment of the SIJ and interpretation• Treatment of intra-articular SIJ dysfunction• Specific tests of SIJ stability and accelerated rehab• Conclusions and Questions

Fee: £250 by cheque or by card, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

“Dizziness” - level 1

Vestibular Assessment, Treatment & Rehabilitation

Alan Sealy, BSc (Hons), Grad Dip Manipulative Physiotherapy, MCSP

August 25th - Reading
September 8th - Gloucestershire
November 3rd - Salisbury, Wiltshire

Tutor

Alan graduated from Sheffield Hallam University in 1996, where he also took his post graduate manipulative therapy qualification in 1999. With a background in manual therapy, Alan now works as a clinical Specialist in Vestibular Rehabilitation. Initially within the NHS, and as a partner in private practice in Sheffield, Alan developed an early interest in dizziness and balance disorders. Whilst on a lecture tour in Norway he was invited to establish 'Balanseklippen', in Oslo. As the Director of Rehabilitation in Scandinavia's busiest balance clinic, he estimates that he has treated and helped over 4,000 dizzy patients. This considerable experience is utilized in research and educational courses throughout Scandinavia and the UK.

Now based in Aberdeen, his time is split between his private practice, lecturing and research.

Course Description

This one day introductory course is suitable for practitioners (physiotherapists, osteopaths, chiropractors, doctors and other health professionals) with little or no previous experience of vestibular disorders wishing to learn how to successfully assess and treat the dizzy patient.

The course is practical in nature, evidence based and fully referenced.

A mix of theory lectures and practical sessions make up the 7 hours of contact time.

Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated subject.

On completion, the participants should be able to:

- Understand what we mean by dizziness and vertigo and how we balance
- Understand the scale of the problems associated with dizziness and recognise the need for vestibular assessment
- Recognise the common peripheral vestibular disorders and differentiate these from central nervous system pathology
- Incorporate a basic vestibular examination into their usual neuro-musculo-skeletal assessments.
- Plan appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Diagnose and treat common variant positional vertigo (BPPV)
- Utilize the most appropriate outcome measures

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

“Dizziness” - level 1

Vestibular Assessment, Treatment & Rehabilitation

Course Timetable

Time	Theory	Practical
09.00	Introductions – course aims What is vertigo? Background / scale of problem	Anatomy & physiology of vestibular system
10.30	Coffee	
10.45	Common Vestibular pathologies (BPPV, neuritis, menieres) Vestibular Assessment (history, P/E, functional balance testing, ophthalmology, vestibular tests, posturography, VNS)	Practical vestibular Assessment (1) Basic Ophthalmology Functional Head impulse Head shake Nystagmus video examples
12.45	Lunch	Lunch
13.30	Summary of AM Practical Vestibular Assessment (2) Dix-Hallpike positional test; Epley particle repositioning manoeuvre	Vestibular rehabilitation exercise programmes
15.30	Coffee	Coffee
15.45	Cervical vertigo, a form of ‘compensated vertigo’? • Cervical proprioceptive / ischaemic vertigo	Differentiation tests groupwork
16.15	Application of rehabilitation principals Problem solving / Clinical reasoning approach using case studies	Summary (10mins)
17.00	Close	

“Dizziness” - level 1

Vestibular Assessment, Treatment & Rehabilitation

Session 1

An introduction to vertigo – a gentle wake-up!

The vestibular system is introduced and we consider the problems posed by vertigo, dizziness and balance disorders. Real-life examples will be discussed, setting the physical symptoms within the psycho-social model. This section is fully referenced in order to support proposals to establish a vestibular rehabilitation service in your area.

Anatomy & physiology of the vestibular system

A tough session, but the better you understand how the vestibular system functions, the easier diagnosis becomes.

Session 2

Common vestibular pathologies

We look at the most common vestibular disorders: BPPV, neuronitis, Meniere's, illustrated by case studies.

Vestibular assessment – “every history tells a story”

A detailed look at history taking, special questions, the physical examination and vestibular testing

Practical: Vestibular examination (1) - “Look into my eyes”

- Relevant cranial nerve and Ocular muscle testing
- Demonstration and practice of examination tests and procedures, easily incorporated within a standard neuro-musculo-skeletal examination.
- Diagnosis of some common vestibular disorders using nystagmus video-clip examples

Session 3

Summary from the morning sessions

Practical:- Vestibular examination 2, “The magic cure”

- Demonstration and practice of the Dix-Hallpike positional vertigo test and the Epley particle re-positioning manoeuvre,
- We concentrate on the most common variant BPPV, posterior canaliathis, accounting for 90% of all BPPV

Vestibular Rehabilitation (VR) exercise programmes

- This section is fully referenced in order to convince health-care providers of the need for, and value of, VR.
- We learn how to prescribe relevant, specific and effective rehab programmes, based upon patient needs and clinical reasoning, rather than a recipe-based model.

Session 4

Cervical Dizziness

- A fully referenced presentation & discussion on the importance of neck-related dizziness. There is as yet no consensus between the ENT medical & manual therapy worlds either on its role in dizziness or the mechanism behind the symptoms. The evidence is presented and a new model proposed to explain cervical dizziness as a form of 'compensated vertigo'.
- The evidence and 'best practice' behind Vertebro-Basilar-Insufficiency (VBI) testing

Clinical differentiation tests

- Vestibular / positional / cervicogenic / ischaemic,

Session 5

The application of vestibular rehabilitation programmes in practice

- VR exercise prescription and demonstration, involving small group presentations
- Problem-solving approach, based upon real case-studies

Summary:- the ‘10 minute vestibular examination’!

“Challenging Dizziness” - level 2

Advanced level Vestibular Assessment, Treatment & Rehabilitation

Alan Sealy, BSc (Hons), Grad Dip Manipulative Physiotherapy, MCSP

August 26th - Reading
September 9th - Gloucestershire
November 4th - Salisbury, Wiltshire

Tutor

Alan graduated from Sheffield Hallam University in 1996, where he also took his post graduate manipulative therapy qualification in 1999. With a background in manual therapy, Alan now works as a clinical Specialist in Vestibular Rehabilitation. Initially within the NHS, and as a partner in private practice in Sheffield, Alan developed an early interest in dizziness and balance disorders. Whilst on a lecture tour in Norway he was invited to establish 'Balansekliviken', in Oslo. As the Director of Rehabilitation in Scandinavia's busiest balance clinic, he estimates that he has treated and helped over 4,000 dizzy patients. This considerable experience is utilized in research and educational courses throughout Scandinavia and the UK. Now based in Aberdeen, his time is split between his private practice, lecturing and research.

Course Description

This one day advanced course is suitable for practitioners (physiotherapists, osteopaths, chiropractors, doctors and other health professionals) with some previous knowledge and experience of vestibular disorders.

The course is practical in nature, evidence based and fully referenced and is an up-to-date and in-depth look at treatment concepts and rehabilitation strategies for complex vertigo, dizziness and balance disorders.

On completion, the participants will have:

- Developed their understanding of the pro-active, multi-factorial nature of the balance system,
- Reviewed the peripheral and central nervous system pathways involved in vestibular disorders
- Reviewed up to date ideas behind vestibular disorders, and more challenging forms of compensated vertigo (visual vertigo, cervical vertigo, phobic postural vertigo)
- In practice, learnt to diagnose and treat positional vertigo (BPPV), canaliathis and cupuloliathis variants, in the posterior, lateral and anterior semi-circular canals
- Planned appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Practiced & progressed treatment interventions to the dysfunctional side, incorporating gaze, cervical manual therapy and functional exercise
- Learnt to integrate vestibular treatment & cervical manual therapy within a neuro-musculo-skeletal assessment, to optimally treat cervical dizziness

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

“Challenging Dizziness” - level 2

Advanced level Vestibular Assessment, Treatment & Rehabilitation

Course Timetable

Time	Theory	Practical
09.00	Introductions – course aims The background to falls & balance disorders	The physiology of balance
10.30	Coffee	
10.45	Neural pathways involved in Vestibular disorders <ul style="list-style-type: none"> • Posterior, lateral & anterior BPPV canaliathis & cupuloliathis • Vestibular asymetry • Central vestibular / cerebellar disorders Nystagmus & eye movement neurology Vestibular Assessment – beyond the basics Making sense of the tests	Practical vestibular Assessment (1) Cranial nerve testing Tilts & ocular muscle tests Saccades & Smooth-Pursuits Dynamic Visual Accuity Rotating Chair ‘Head Thrust’ Impulse test ‘Head shake’ test Practical diagnosis from Nystagmus video examples
12.45	Lunch	Lunch
13.30	Summary of AM Practical Vestibular Assessment (2) BPPV <ul style="list-style-type: none"> - positional tests (Dix-Hallpike, lateral, anterior canals); - particle repositioning manoeuvres (Epley, Semont, BBQ) - Home treatment protocols 	Compensated vertigo <ul style="list-style-type: none"> • Cervical vertigo • Visual vertigo • Phobic postural vertigo • Mal de Debarquement Ischaemic vertigo Upper cervical instability discussion
15.15	Coffee	Coffee
15.30	Progressing Vestibular rehabilitation programmes Rehabilitation v. Treatment or both ? Stimulating the dysfunctional side practical	Differentiation tests groupwork Practise of VBI and upper cervical instability if necessary
16.15	Problem solving / Clinical reasoning - case studies of challenging conditions	Summary (10mins)
17.00	Close	

“Challenging Dizziness” - level 2

Advanced level Vestibular Assessment, Treatment & Rehabilitation

Session 1

Falls and balance disorders – the hidden epidemic

A quick review of the scale of vestibular disorders, the implications and the costs. The link between vestibular disorders and falls-risk is highlighted.

The physiology of balance

A comprehensive and up-to-date summary of how we balance. We move away from old concepts of balance training and see balance as a complex pro-active system, dependent upon well functioning multi-sensory inputs and central nervous system sensory organisation. This, and the appropriate motor-output response, is then modulated by the context of task and environment, and by what we think and feel.

Session 2

Neural pathways of vestibular disorders

We look at what happens when things go wrong! Effective treatment depends upon identifying the location along the neural pathway of a disorder (eg. Canal, otolith, peripheral nerve, brain stem, cerebellum, cortex).

An introduction to nystagmus and the neurology of eye movements.

Understanding the neural pathway and recognising patterns of eye movements allows accurate diagnosis of vestibular disorders

Beyond the basics - Interpretation of specialised vestibular assessments.

Making sense of results from laboratory and clinic assessments is not always easy. We will focus on information which is of particular use in diagnosis & treatment. We consider Computerised Dynamic Posturography; Calorics; ENG / VNG and Subjective Visual Vertical (SVV)

Vestibular Assessment – Practical tests to use in your clinical examination

Easy to use assessment tools that integrate with your neuro-musculo-skeletal assessment. These are clinical tests to aid in diagnosis and use as measures of treatment effect.

Session 3

Summary from the morning sessions

Practical:- Vestibular examination 2, “Benign Positional Vertigo -The miracle cure”

- Demonstration and practice of positional vertigo tests for the posterior, lateral and anterior semi-circular canals,
- Interpretation of nystagmus patterns for canaliathis and cupuloliathis variants.
- Particle repositioning manoeuvres: Epley, Semont, BBQ, home regime

Cervical dizziness & ‘Compensated Vertigo’

- Patients often present without the classical signs of peripheral vestibular disorders. Headaches, unsteadiness, sensitivity to light & sounds are often typical of a ‘compensated vertigo’.
- We discuss vestibular compensation in detail and the links with cervical dizziness and visual vertigo. The evidence is presented and a new model proposed setting these conditions (along with phobic postural vertigo and Mal De Debarquement) within the context of a compensated vertigo.
- Vertebral-basilar Insufficiency and Ischaemic vertigo
- The evidence and ‘best practice’ behind upper cervical instability testing and Vertebro-Basilar-Insufficiency (VBI)

Session 4

Vestibular Rehabilitation (VR) exercise programmes – the art & the science

- This section is fully referenced in order to convince health-care providers of the need for, and value of, VR.
- Relevant, specific and effective rehab programmes, based upon patient needs and clinical reasoning, rather than recipe-based models.
- Exercise progression and practical rehab tips for specific conditions eg. Visual vertigo, phobic postural vertigo, Mal-de-debarquement, central vestibular disorders
- ‘Hemi-sphericity’ – exciting new ideas on stimulating the dysfunctional side
- ISQ ? – get the maximum treatment effect

Clinical differentiation tests

- Vestibular / positional / cervicogenic / ischaemic,

Session 5

Vestibular Rehabilitation Therapy (VRT) in practice

- Clinical reasoning exercises. Problem-solving in small groups, based upon challenging case-studies

Summary – Don’t miss the big picture !

“Dizziness Masterclass”

Vestibular Assessment & Rehabilitation for All

Alan Sealy, BSc (Hons), Grad Dip Manipulative Physiotherapy, MCSP

December 8th/9th - Edinburgh

Tutor

Alan graduated from Sheffield Hallam University in 1996, where he also took his post graduate manipulative therapy qualification in 1999. With a background in manual therapy, Alan now works as a clinical Specialist in Vestibular Rehabilitation. Initially within the NHS, and as a partner in private practice in Sheffield, Alan developed an early interest in dizziness and balance disorders. Whilst on a lecture tour in Norway he was invited to establish ‘Balansekliviken’, in Oslo. As the Director of Rehabilitation in Scandinavia’s busiest balance clinic, he estimates that he has treated and helped over 4,000 dizzy patients. This considerable experience is utilized in research and educational courses throughout Scandinavia and the UK.

Now based in Aberdeen, his time is split between his private practice, lecturing and research.

Course Description

A comprehensive 2 day practical, evidence-based introduction to Vestibular assessment, treatment & rehabilitation; and an up-to-date and in-depth look at treatment concepts and rehabilitation strategies for complex multi-factorial dizziness and balance disorders.

The course is practical in nature, evidence based and fully referenced.

Day 1 course objectives - delegates should be able to:

- Understand what we mean by dizziness and vertigo and how we balance
- Understand the scale of the problems associated with dizziness and recognise the need for vestibular assessment
- Recognise the common peripheral vestibular disorders and differentiate these from central nervous system pathology
- Incorporate a basic vestibular examination into their usual neuro-musculo-skeletal assessments.
- Plan appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Diagnose and treat common variant positional vertigo (BPPV)
- Utilize the most appropriate outcome measures

Day 2 course objectives - delegates will have:

- Developed their understanding of the pro-active, multi-factorial nature of the balance system,
- Reviewed the peripheral and central nervous system pathways involved in vestibular disorders
- Reviewed up to date ideas behind vestibular disorders, and more challenging forms of compensated vertigo (visual vertigo, cervical vertigo, phobic postural vertigo)
- In practice, learnt to diagnose and treat positional vertigo (BPPV), canaliathis and cupuloliathis variants, in the posterior, lateral and anterior semi-circular canals
- Planned appropriate rehab programmes based upon individual assessment and clinical reasoning.
- Practiced & progressed treatment interventions to the dysfunctional side, incorporating gaze, cervical manual therapy and functional exercise
- Learnt to integrate vestibular treatment & cervical manual therapy within a neuro-musculo-skeletal assessment, to optimally treat cervical dizziness

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Elite Sports Taping

Evidence & Experience from Professional Sport

Ashley James MCSP

July 28th - London (St Georges Hospital)
September 22nd - London (North Middx Hospital)

Tutor

Ashley began his career in professional sport at The Physio Clinic based at the Athlete Performance Centre in North Wales in 2009. He specialised in musculoskeletal sports injuries, offering acute injury management all the way up to high level rehabilitation.

During his time at the Athlete Performance Centre Ashley worked with a number of National and International athletes ranging over a number of multi-sport events including middle distance runners, sprinters, pole vaulters and gymnasts. Ashley joined the RGC senior rugby team in 2010 where he worked for 5 seasons seeing the development of the region go from strength to strength. Ashley was part of the Wales U20's management team who travelled to New Zealand for the Junior World Cup in July 2014 and Italy in 2015 as well as assisting for home 6 nations games from 2012-2014. Ashley then moved on to a further role within the WRU as Lead Physiotherapist for the National Men's Sevens team in June 2014. During this time Ashley picked up extensive experience of taping, gaining more knowledge and expertise from physio's from all over the world working with other countries on the 7s circuit. Ashley is now undertaking his PhD at Manchester Metropolitan University as part of his new role in Occupational Health.

Course Description

The course is aimed at health care professionals who are responsible for the care of athletes. The course has a focus towards contact sports as the experience of the tutor lends itself well to this. With this in mind there is no 'K-Taping' covered, with the focus aimed on improving techniques and knowledge with zinc oxide and EAB tape.

The course will enable an attendee to effectively manage their time, order the right stock and apply the right techniques for a range of specific pathologies. The full day course tries to go beyond the mere application of tape and also addresses some of the biopsychosocial aspects of professional sport & taping such as the development of dependency, promotion of self-efficacy and building resilience within a team environment. The medical team within a squad has a responsibility to manage these issues and taping, believe it or not, is a big part of this.

You will gain practical knowledge to effectively tape your players, which is underpinned with sound theory and clinical reasoning.

Learning outcomes

- Understand how the effective and correct application of tape can affect the team environment
- Understand what to order when purchasing tape for your club / team
- Understanding when to & when not to apply tape
- Understand Clinical Governance around taping
- Understand the differences between tapes and how & when to use them
- Be able to effectively apply tape for various pathologies to the
 - Shoulder
 - Elbow
 - Wrist / Hand / Thumb
 - Hip
 - Knee
 - Ankle

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

Generation Timebomb

The implications & impact childhood experiences have on your patients physical profile & ability

Wendy Joy MCSP and Jane Reynolds MCSP

Available to host in 2018 / 2019

Speakers

Wendy graduated in 1991 in London. In 2007 Wendy left the NHS to set up Total Children's Therapy, based in Bournemouth. In addition, she also enjoys regularly lecturing for professionals from both health and education settings around the UK

Wendy believes in constantly pushing forwards and questioning current practice. She is a keen advocate of prevention and early intervention and has researched and developed the Storycises™ programme with her colleague Jane, which has been developed to help establish essential foundation motor skills.

Jane qualified from the University of Southampton in 2003 and her specialty is working with children with neurodevelopmental conditions.

She works in private practice with Total Children's Therapy. Alongside this she also continues to work with a range of professionals in her joint venture with Wendy - Storycises™. She lectures to education and health professionals about children's physical development, as well as co-authoring resources for education, health and parents to use to maximise children's physical development.

Course Description

During their careers Wendy and Jane have noticed the physical profiles of children and young people rapidly changing and will discuss the profound implications for MSK therapists and their practice when working with adults today. They will look at reasons for this change and how this potentially impacts on clinical practice and outcomes.

They look at the person as a sum total of their physical development and movement experience to date and will give an extra dimension when assessing and planning appropriate interventions for an MSK caseload.

By using a combination of practical, videos and interactive sessions they will show how these early childhood movement experiences can massively impact on an adult's movement skills, physical activity, participation in sport, sick leave, general health and mental/emotional well-being.

This course will provide a new insight into the physicality and robustness of the millennial generation and of young people of today and will give you new ideas and tools to problem solve when working with your caseload.

Course Timetable - see over

Delegate comments

"This message needs to get out there. You guys rock!"

"Fantastic – unique and much needed in the profession. All brilliant."

"This information is vital and needs to filter out to everyone."

"Best lecture I have been to."

"Incredibly interesting – a real eye opener."

Fee: £130 (inclusive of vat) includes handouts, light refreshments and CPD certificate (7.5hrs)

Generation Timebomb

The implications & impact childhood experiences have on your patients physical profile & ability

Course Timetable

09.00 - 09.15	Introductions
09.15 - 10.15	A changing childhood and what this means for MSK clinicians working with adults.
10.15 - 10.30	A closer look at physical profiles and the implications for lifestyles of your patients and ultimately levels of success when treating your caseloads. Linking our experience, the latest research and feedback from professionals working with adults both in elite sport and the general population.
10.30 - 10.45	Break
10.45 - 12.30	A break-down of foundation motor skills, the building blocks for an efficiently functioning adult. Examining the physical journey from utero to adulthood challenging perceptions of what makes a 'robust' being.
12.30 - 13.15	Lunch
13.15 - 15.00	Practical session and videos to you give delegates the experience of what it feels like when some of these building blocks are missing and also demonstrate how these profiles would present in your caseloads.
15.00 - 15.15	Break
15.15 - 16.15	Group work - an interactive way of implementing the key messages from the day.
16.15 - 16.30	A summary of the day, highlighting immediate changes that can be made to your MSK practice to ensure positive outcomes for all your patients.

Elite Sports Taping

Evidence & Experience from Professional Sport

Course Timetable

09:00 – 09:15	Introduction & Objective outline
09:15 – 09:30	Important messages around taping
09:30 – 10:15	The Shoulder (Evidence / Demonstration / Practical)
10:15 – 11:00	The Elbow (Evidence / Demonstration / Practical)
11:00 – 11:45	Wrist / Hand / Thumb (Evidence / Demonstration / Practical)
11:45 – 12:00	Debrief / Q&A
12:00 – 13:00	Lunch
13:00 – 13:15	Introduction & Objective outline
13:15 – 13:30	Important messages around taping
13:30 – 14:15	The Hip (Evidence / Demonstration / Practical)
14:15 – 15:00	The Knee (Evidence / Demonstration / Practical)
15:00 – 15:45	The Ankle (Evidence / Demonstration / Practical)
15:45 – 16:00	Debrief / Q&A
16:00	Course End

Hip & Groin Pain

The Combined Approach

Howard Turner BSc BAppSc MCSP

October 27th/28th - Cannock, Staffs
November 24th/25th - Leeds (Spire Hospital)

Tutor

Howard Turner holds a physics degree from Melbourne University and a physiotherapy degree from Latrobe University. He has lived in the UK since 1990, working in the NHS in London until 1994 and since in private practice. He has recently moved to live and practice in Cheshire. Howard was involved in the UK McConnell teaching programme 1995-2000, teaching shoulder and PFJ courses and lectures extensively in the UK and abroad. He compiled and began teaching the SIJ course in 1996.

Course Description

Hip and Groin pain is a common presentation in clinical practice in a variety of patient groups. In some sports it is one of the most common site of pain and the pubis is the most common site of abnormality on imaging. In pregnancy pubic pain is again common and often disabling. In many groups hip joint pathology occurs frequently and later in life it is a common cause of pain and disability. And added to this are people with referred pain to the groin, hip and buttock from spinal and pelvic sources.

The complexity of managing hip and groin presentations is firstly one of diagnosis, which in turn relates to the complicated anatomy of the region and loads transferred between the lower limbs and the trunk. Many structures are involved and their interactions complex.

In this course we will look at functional anatomy, pathology, assessment and diagnosis, management including manual therapy interventions and rehabilitation options for each aspect of groin pain from a topographical perspective of clinical reasoning, using the latest published works to provide guidance for our interventions.

Day 1 (10.00 - 17.00hrs)	Day 2 (09.00 - 16.00hrs)
Introduction, dilemmas in diagnosis and sub-classification Pubic and Adductor Related Groin Pain Practical 1 – Adductor Assessment, the Squeeze Test and variants SIJ Involvement in Groin Pain Practical 2 – SIJ Assessment – Active SLR Test & Pain Provocation Testing Iliopsoas Related Groin Pain Spinal sources of Groin Pain Inguinal and Abdominal – Related Groin Pain Nerve Entrapments around the Groin Practical 3 – Iliopsoas and Abdominal / Inguinal Assessment Practical 4 – Elements of Spinal Assessment Rehabilitation 1	Rehabilitation of Groin Pain Review Buttock pain The Hip and Hip Joint-Related Pain Practical 5 – Inguinal / Abdominal Assessment, Assessment of Nerve Entrapment Greater Trochanter Pain Syndrome Practical 6 – Hip Functional and Provocation Testing Rehabilitation 2 <u>Supplementary Information</u> LEAP Trial Patient Information LEAP Trial Exercises King 2018 Exercise Progressions

Fee: £250 by cheque or by card, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Introduction to Paediatric & Adolescent Musculoskeletal disorders

Tom Quantrell MCSP MSc

July 14th - Reading

October 13th - Edinburgh

Sept 1st - London

Nov 17th - Eastleigh, Hants

Sept 15th - Loughborough

December 8th - Warrington

Tutor

The course will be led by Tom Quantrell. Tom is a chartered physiotherapist with a master's degree in sports and exercise rehabilitation and with over 10 years' experience of working with children and young people (CYP). Over the last 8 years Tom has set up and run paediatric musculoskeletal services in both the NHS and private sector. He has worked with numerous elite young athletes including 2 years with a premiership rugby club's junior academy and his current role as one of the age group physiotherapists for England Hockey. Tom also lectures on the Paediatric physiotherapy Master's program at UCL.

Course Description

This course is aimed at musculoskeletal physiotherapists who are interested in the assessment and management of CYP with musculoskeletal disorders and paediatric physiotherapists who are keen to improve their musculoskeletal knowledge.

The course will predominantly focus on a typical patient that may present in an outpatient department or clinic.

Course Aims

The aim of this one day course is to allow the delegate to leave with a basic knowledge and confidence to assess and treat a CYP that presents in their clinic or department.

The topics that will be covered in the day are:

- Normal musculoskeletal development
- Normal gait development
- Common CYP lower limb disorders
- Common CYP upper limb disorders
- Common CYP spinal disorders
- Assessing a paediatric gait
- Joint hypermobility

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

KNOW PAIN



A Practical Guide to Persistent Pain Therapy

Mike Stewart MCSP

July 21st/22nd - London
December 8th/9th - Milton Keynes, Bucks

Tutor

Mike is a physiotherapist and visiting university lecturer with over fifteen years of experience managing complex, persistent pain conditions. His recently published work has received international praise from the leading names in neuroscience. In addition, he is a dedicated practice-based educator committed to providing evidence-based education to a wide variety of health professionals. Following his current MSc in Physiotherapy & Practice-based education at The University of Brighton, Mike is keen to further our understanding of pain through PhD level research

Course Description

The challenge of successfully managing persistent pain can be one of the most daunting for both clinicians and sufferers. Patients are often frustrated after failed short-term interventions. It is often difficult to understand and explain high and prolonged levels of pain where a traditional tissue based cause is lacking. This course explores a cutting edge, patient centered approach using a variety of practical learning methods to help your patients understand their pain. It provides a range of practical applications and methods to take into your clinic and immediately apply with your patients.

- Do you work with people in pain?
- Can you help them make sense of why it hurts?
- Were you ever taught how to teach?

Wider Questions..

- Is there a gap between our theoretical understanding of the biopsychosocial pain management model & our ability to deliver it within practice?
- Do we assume that we can educate our patients

This innovative interprofessional course is suitable for anyone who works with people in pain

It will enable participants to:

- Reflect on their approach to persistent pain management
- Understand & apply adult learning theories for improved patient education
- Facilitate a meaningful understanding of contemporary pain neuroscience to patients
- Apply a practical application of the biopsychosocial pain management model
- Understand the impact that language & metaphors have on pain perception

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Managing Occupational Low Back Pain

Ashley James MCSP

Available to host in 2018 / 2019

Tutor

Ashley began his career in professional sport at The Physio Clinic based at the Athlete Performance Centre in North Wales in 2009, working with a number of National and International athletes ranging over a number of multi-sport events including middle distance runners, sprinters, pole vaulters and gymnasts.. He specialised in musculoskeletal sports injuries, offering acute injury management all the way up to high level rehabilitation. Ashley joined the Welsh Rugby Union working for RGC senior rugby team in 2010 where he worked for 5 seasons seeing the development of the region go from strength to strength. Ashley was part of the Wales U20's management team who travelled to New Zealand for the Junior World Cup in July 2014 and Italy in 2015 as well as assisting for home 6 nations games from 2012-2014. Ashley then moved on to a further role within the WRU as Lead Physiotherapist for the National Men's Sevens team in June 2014.

Ashley is now the clinical lead for IPRS Health and leading National Occupational Health provider. As well as management and service development responsibilities Ashley also remains clinical seeing patients regularly. Ashley is currently undertaking his PhD at Manchester Metropolitan University based on the prevention and management of Occupational lower back pain which is where his knowledge and expertise arise from in this arena. As well as looking at the global problem of back pain at work Ashley's research is focused on how to reconceptualise Manual Handling training and producing increased evidence based approaches to the delivery of said training.

Course Description

The course is aimed at any health care professional from GP's to physiotherapists who wish to improve their management of back pain with a particular focus on how to maximise the integration of care to the patients workplace.

The majority of the population spend more time at work than anywhere else, including time with their own family. Being healthy and happy at work means not only being physically capable to perform the tasks requires but is also about managing and maintaining relationships with colleagues and superiors. This course aims to develop the ideas of integration around these topics and will try to give participants a further understanding of ways to integrate the biopsychosocial approach to care to a patient's workplace.

Work isn't somewhere people just go anymore; work is increasingly something people do! The workplace is changing and our management of people with back pain at work needs to keep up. The delivery of the course is in a presentation style with practical and workshop elements. It's aim is to be as interactive as possible.

Learning Objectives

To gain an understanding into:

- Legislation relevant to someone at work
- Specific occupational health assessments
- What the impact of blue and black flags can be
- How best to keep people in work
- The best current advice around lifting and handling at work
- How & why to apply graded exposure
- How to plan a successful return to work

Fee: £130 (inclusive of vat) includes handouts, light refreshments and CPD certificate (7.5hrs)

Managing Occupational Low Back Pain

Course Timetable

09.00 - 09.15	Introduction & Objective outline
09.15 - 10.15	Specific Occupational Health Considerations <ul style="list-style-type: none">• Consent & Legislation• AHP Fitness for work / FitNotes• FCE's / JDA's & OH Specific Assessments
10.15 - 10.30	Identifying & managing blue & black flags
11.15 - 12.00	Keeping people in work
12.00 - 13.00	Lunch
13.00 - 14.00	To flex or not to flex
14.00 - 14.30	Expectancy Violation
14.30 - 15.00	Graded Exposure at work
15.00 - 15.30	What information do you need?
16.00 - 16.45	Planning a Return To Work
16.45 - 17.00	Q&A
17.00	End of course

Manual Therapy Masterclass

Assessment & Treatment of Upper Limb & Lower Limb Joints

Ian Gatt MSc OMT MAACP MCSP BSc(Hons), Lead Physiotherapist - GB Boxing

October 6th/7th - London

This 2 day course has been considered following the enormous demand of practitioners in the field. It is presented as individual standalone days however, it is recommended to attend the whole content in order to maximise learning opportunities of this invaluable approach. It is a highly practical course with emphasis on learning through a hands-on experience. Manual therapy provides a practitioner the required insight to identify mechanical deficiencies and accordingly treat using a set of highly skilled techniques. This course has been developed for those individuals who want to advance in their daily practice. Whether you are working a private clinic, hospital setting, MOD, or sporting environment you will surely find this to be immediately applicable to your role.

Tutor

Ian Gatt has been a sport physiotherapist for over 15 years. He is a senior physiotherapist with the prestigious English Institute of Sport (EIS), where he holds the position of Lead Physiotherapist for the Great Britain Boxing program. Ian qualified with a BSc (Hons) in Physiotherapy. He went on to specialise in Orthopaedic Manipulative Therapy (OMT), completed an MSc in Sport Physiotherapy, and is currently undergoing a PhD in Wrist Biomechanics. Ian has implemented a wide range of philosophies; Kaltenborn, Mulligan, Maitland, McKenzie, Cyriax and other. This combination has provided a thoroughly effective diagnostic and treatment approach with any patient. This approach has been widely recognised by his peers in treatment of conditions from a variety of anatomical sites. It has been invaluable when supporting athletes at major international tournaments, whereby an injury could have meant the difference between success and failure. Apart from athletes, Ian provides private specialist consultations to all members of the public in Sheffield, London, and Malta.

Course description

This course has been shaped to combine effective methods of assessment, treatment, and functional rehabilitation of the Spine, Upper Limb and Lower Limb. The tutor has a strong background in the management of these areas, and will present a course that will allow clinicians to enhance their existing knowledge and impact positively in their respective practice. Each day will individually cover a separate anatomical region, with the whole human body considered throughout the entire process.

- Day 1: Assessment and Treatment of the Lower Extremity Joints
- Day 2: Assessment and Treatment of the Upper Extremity Joints

Course outline

- Functional overview of applied mechanics for each joint including concave & convex rules, open & closed packed positions, and types of end feel.
- Discussion and demonstration of Ax and Rx techniques for all joints, including coupled movement of the spine.
- Differential Diagnosis and Kinetic Chain considerations for the Ax and Rx specific areas (example: Lumbar vs Sacroiliac vs Hip, or Costovertebral vs Thoracic facet)
- Discussion, demonstration and practice of a wide selection of rehabilitative exercises with consideration of hypermobile and hypomobile segments.
- Clinical reasoning for treatment and rehabilitation progression, with a link to the sporting injuries from a variety of sports
- An insight into planning and executing effective prevention strategies

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Manual Therapy Masterclass

Assessment & Treatment of The Spine

Ian Gatt MSc OMT MAACP MCSP BSc(Hons), Lead Physiotherapist - GB Boxing

Date tbc - Sheffield

This 2-day course has been considered following the enormous demand of practitioners in the field. It is presented as an individual standalone workshop however, it is recommended to combine with the 2-day course on the extremities to maximise learning opportunities of this invaluable approach. It is a highly practical course with emphasis on learning through a hands-on experience. Manual therapy provides a practitioner the required insight to identify mechanical deficiencies and accordingly treat using a set of highly skilled techniques. This course has been developed for those individuals who want to advance in their daily practice. Whether you are working a private clinic, hospital setting, MOD, or sporting environment, you will surely find this to be immediately applicable to your role.

Tutor

Ian Gatt has been a sport physiotherapist for over 15 years. He is a senior physiotherapist with the prestigious English Institute of Sport (EIS), where he holds the position of Lead Physiotherapist for the Great Britain Boxing program. Ian qualified with a BSc (Hons) in Physiotherapy. He went on to specialise in Orthopaedic Manipulative Therapy (OMT), completed an MSc in Sport Physiotherapy, and is currently undergoing a PhD in Wrist Biomechanics. Ian has implemented a wide range of philosophies; Kaltenborn, Mulligan, Maitland, McKenzie, Cyriax and other. This combination has provided a thoroughly effective diagnostic and treatment approach with any patient. This approach has been widely recognised by his peers in treatment of conditions from a variety of anatomical sites. It has been invaluable when supporting athletes at major international tournaments, whereby an injury could have meant the difference between success and failure. Apart from athletes, Ian provides private specialist consultations to all members of the public in Sheffield, London, and Malta.

Course description

This course has been shaped to combine effective methods of assessment, treatment, and functional rehabilitation of the entire Spine. The tutor has a strong background in the management of these areas, and will present a course that will allow clinicians to enhance their existing knowledge and impact positively in their respective practice. The last day will predominately cover manipulative (high velocity thrust) techniques.

- Day 1: Assessment and Treatment of the Cervical & Thoracic Spine
- Day 2: Assessment and Treatment of the Lumbar Spine & Sacroiliac Joints

Course outline

- Functional overview of applied mechanics, including coupled movements
- Discussion and demonstration of Ax and Rx techniques for all joints
- Differential Diagnosis and Kinetic Chain considerations for the Ax and Rx of specific areas (example: Lumbar vs Sacroiliac vs Hip)
- Discussion, demonstration and practice of a wide selection of rehabilitative exercises with consideration of hypermobile and hypomobile segments.
- Clinical reasoning for treatment and rehabilitation progression, with a link to the sporting injuries from a variety of sport
- Advanced Techniques of the Spine (including manipulations)

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Modern Exercise Prescription for Therapists

Nick Grantham MSc, CSCS, ASCC
Performance Enhancement Specialist

July 21st - Lymington, Hants

October 6th - Bedford

December 1st - London

Tutor

Nick Grantham MSc, CSCS, ASCC, is a performance enhancement specialist. His career spans four Olympic cycles and Nick is a founding member of the United Kingdom Strength and Conditioning Association and an accredited Strength and Conditioning Coach (ASCC). Nick has gained a fantastic reputation within the NHS and Private Healthcare sector for delivering "**real life**" exercise prescription training, that all therapists attending can immediately apply to their patient caseload. Nick has become recognised as a specialist in athletic preparation and has a wealth of knowledge in the physical preparation and injury rehabilitation of high performance athletes at the most elite levels; including professional sport, Olympic, Commonwealth, European, and World Championship standards. He has worked closely with professional, National Governing Bodies and home institute medical teams assisting in the management, monitoring and implementation of injury management programmes. Nick continues to develop his knowledge of advanced training concepts and evidence based training principles. A sought after 'expert' Nick has presented seminars and practical workshops for the Football Association, BASEM, British Olympic Association and UK Strength & Conditioning Association. Nick has successfully transferred his detailed knowledge of training athletes into the public arena for rapid results and has a great ability to make the complex seem obvious and simple, making it easy to apply in your clinics. Nick has recently released his best selling book, **The Strength and Conditioning Bible**.

Course description

In this 1-day workshop Nick will show you why rehabilitation exercise prescription principles from the 1940's are no longer acceptable. Rehabilitation exercise selection and prescription are simple concepts that we make more complex than necessary. Nick will show you simple evidence based principles that will allow you to produce effective rehabilitation programmes to meet your client's needs. The concepts can be easily be incorporated into your practice, building upon what you already do well, whilst challenging your existing ideas. Nick will show how expanding your ability to design and implement effective exercise prescriptions can improve compliance and rehabilitation outcomes. Drawing on experience, practical examples based on numerous case studies will offer practice based evidence to consolidate learning during the classroom sessions.

Topics covered during the workshop will include:

- The Force Velocity Curve - understand how to 'work the curve' to improve rehabilitation outcomes
- The Repetition Continuum - learn how to manipulate it to bring about specific adaptations
- Adherence - discover how to ensure your rehab programme actually gets done
- Exercise Selection - learn through hands on sessions appropriate exercise selection, progression and regression
- Exercise Prescription - understand how to manipulate key training variables and design evidence based prescriptions that deliver results

Course Timetable - see over

Fee: £150 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

Modern Exercise Prescription for Therapists

Start: 09.00hrs

Finish: 17.00hrs

Part One - Fundamentals

- Cornerstones of programme design
- Fundamental training principles

Part Two - Exercise Prescription

- Evidence based prescriptions
- Effective goal setting
- Manipulating training variables (micro and macro)
- The Repetition Continuum
- The Force Velocity Curve
- Effective sequencing to improve rehabilitation outcomes
- Programme design checklist

12:30-13:30 - Lunch

Part Three - Adherence

- Sticky Coaching - simple strategies that ensure that the work gets done
- Overcoming barriers and challenges
- Understanding the client

Part Four - Practical

- An opportunity to practically explore progressions and regressions
 - Upper Body
 - Lower Body
 - Core
 - Novel Interventions (Blood Flow Restriction, Isometrics, Velocity Based Training)

Paediatric Respiratory Workshop

Paul Ritson Grad Dip Phys MCSP

Available to host in 2018 / 2019

Tutor

Paul Ritson graduated from Royal Liverpool Hospital College School of Physiotherapy in 1988. He has worked at the Royal Liverpool Children's NHS Trust (Alder Hey) since 1990, specialising in the respiratory speciality of Paediatric Intensive Care since 1993 having completed the Brompton Hospital Validated Respiratory Course. Since 2000, Paul has worked as a Clinical Specialist Physiotherapist on the Paediatric Intensive Care Unit at Alder Hey. This extensive unit caters for all specialities including cardiac surgery and his role also includes teaching to all of all grades of staff, from Doctors to Health Care Assistants. He is also the Resuscitation Trainer for the Physiotherapy, Occupational Therapy, Speech Therapy and Orthotic Depts. For the last 10 years Paul has co-organised and lectured on *Paediatric Respiratory Care* on the Mersey Region On Call Course for newly qualified Physiotherapists. He has also delivered the Paediatric respiratory module at the University of Liverpool for the past 7 years and at the University of Salford in Manchester for the last 5 years. In October 2003, he was co-organiser of the ACPD Introduction to Paediatrics course – an annual course lasting 1 week, validated by the ACPD. He has been an invited speaker at national conferences, including ACPRC Conference, Advanced ITU courses at University College and Great Ormond Street Hospital, London. At present, he is part of a group of Physiotherapists starting a Paediatric Intensive Care Physiotherapist Interest Group, which will be affiliated to the ACPD. In March 2004, an 'On Call Physiotherapist Survival Guide' was published, to which Paul wrote one chapter and co authored a second.

Course Description

This 1 day course focuses specifically on Paediatric Respiratory therapy. The course comprises a mix of theory and practical workshops. The delegate will gain insight into the assessment, management and problem solving in this challenging client group. Practical skills will also be taught in the workshops, including CXR interpretation in respiratory patients. Therapists carrying out on call duties involving children will find this course particularly useful. Throughout, this course will be led in an open style, encouraging delegate participation and exchange of ideas and information.

Course outline

- Anatomy, physiology and the differences between children and adults
 - Methodological approach to respiratory assessment
 - Problem solving and clinical reasoning for respiratory patients
 - Positioning for ventilation and perfusion in the paediatric age group
 - Interpretation of Paediatric CXR'S
 - CXR workshop
 - Humidification (workshop)
 - Suction and airway management (workshop)
 - Distraction and trickery in paediatrics (workshop)
 - Problem solving skills using the case study approach (workshop)
-

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs).

Spinal Manipulation Facilitating Rehabilitation

Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP

July 14th/15th - Stockport, Cheshire

Tutor

Neil is a Consultant Physiotherapist with a special interest in spinal function. He has worked in the NHS, private sector and M.O.D. He has attained a clinical doctorate at the University of Southampton focusing on clinical reasoning in low back pain and has published his research. He completed his MACP training in 2002 and his MSc in 2003. He is a previous Vice chair of the MACP and provides mentorship and examination support on MACP courses. He has presented all over the U.K and abroad whilst leading manual therapy sessions at a number of Universities. His current post in the NHS covers ESP leadership, complex patient management and research activities.

Course Description

This course will introduce delegates to manipulation and refresh the skills of those currently using spinal manipulative techniques. It is primarily practical and aims to give participants increased assessment/palpation skills as well as new manipulative treatment ideas. Many of the assessment techniques can be applied in all aspects of manual therapy and will have relevance to day to day practice. The course content will be applicable to patients ranging from athletes to the more sedentary. It aims to link manipulation to rehabilitation via specific techniques, movement loss and exercise. The course will feature a number of demonstrations specifically linking the technique to movement patterns and loss of function. Theoretical aspects will underpin the concepts of manipulation and manual therapy as well as exploring the motor control system. The three lectures will cover indications and background, the sensorimotor spine and cervical artery issues. There will be an opportunity to present/discuss specific cases. It will be as evidence based as possible and accompanied by a referenced course manual. The course will allow time for close 1:1 supervision.

The course is suitable for physiotherapists, osteopaths, chiropractors & graduate sports rehabilitators ONLY

Course Outline

Day 1	Day 2
<ul style="list-style-type: none">• Introduction Lecture• Lumbar Spine Movement testing• Lumbar Rotation Manipulation• Linking the spine – Lecture• Patient demonstration• Lumbar extension/flexion bias Manipulation• Thoracic Spine movement testing• Thoracic screw down Manipulation	<ul style="list-style-type: none">• Thoracic A/P Manipulation• Thoracic Rib Manipulation• Upper Thoracic Movement testing• Thoracic A/P in sitting Manipulation• Upper Thoracic S/F Manipulation• CAD - Lecture• Cervical Spine Movement testing• Cervical Spine Manipulations• Cervical spine cont'd• Clinical decisions and manipulation - discussion

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Sports Massage Masterclass

Julian Berriman BSc (Hons) Ost

Available to host in 2018 / 2019

Tutor

Julian has over 10 years experience working within the area of manual therapies. His roots are very much in the area of sports massage and sports therapy having run his own sports massage clinic and lectured over many years in this area. Julian originally qualified with Premier Training International and went on to be the Programme Manager for their Sports Massage Therapy course. He has lectured and presented for Premier on both a national and international stage and has also produced advanced courses for them in the areas of core stability, functional training and flexibility. Julian now combines his time with Premier with his work as a registered osteopath which gives him the opportunity to integrate all his therapy, communication and physical training skills.

Course Description

Key statement

The greater the biomechanical efficiency of an individual the less their risk of developing overuse type injuries and / or developing compensatory movement patterns. One of the primary aims of any treatment therefore, is to optimise the client's range of movement.

Range of movement available at a joint is dictated by the limitations of:

- Mobility
- Flexibility
- Pain

Course aim

To explore methods of addressing the above through the medium of sports massage and other soft tissue therapies.

Course outline

Fundamentals review

Couch set up and use, posture, biomechanics, application of force, hand positions.
Techniques – effleurage, petrissage, vibrations and shaking

Advanced techniques

Techniques from the following areas will be demonstrated and integrated to provide attendees with treatment options.

Increasing mobility - soft tissue mobilisation techniques: techniques used in sports massage which are primarily used to help increase ROM, by attempting to remove physical restrictions to movement i.e. increasing mobility:

- Frictions
- soft tissue release

Increasing flexibility - neuromuscular techniques: although the reduction / removal of physical adhesions may bring about the 'potential' for an increased ROM, as muscle length is also controlled by the neuromuscular system, for any improvements to be fully realised (i.e. in terms of flexibility), this too needs to be addressed:

- muscle energy techniques (METs)
- trigger point therapy
- positional release

Decreasing pain - massage: although the restrictions in movement attributed to pain can be reduced using non-massage modalities (e.g. ice / rest), the therapeutic benefits of touch should not be overlooked. Often the relaxation response elicited using techniques such as effleurage and petrissage serve as extremely useful adjuncts to both soft tissue mobilisation and neuromuscular techniques.

Joint articulations: general joint articulations can be integrated within the sports masseur's treatment to support gains in mobility and flexibility and to further assist in pain reduction.

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

The Athletic Shoulder

Identification of specific rehabilitation strategies

Dr Ian Horsley PhD MSc MCSP CSCS, NW Regional Physiotherapy Lead - English Institute of Sport

Ben Ashworth MSc BSc (Hons) MCSP, First Team Physiotherapist - Arsenal FC

June 30th/July 1st - Oxford
July 28th/29th - Edinburgh
October 6th/7th - Nottingham

Tutors

Ian has been a physiotherapist for over twenty years. He worked as a physiotherapist for England Rugby Union, for 14 years, in with various teams, and spent the last 6 years working with the Elite Playing squad, as physiotherapist to England 'A'. Currently Ian is Lead Physiotherapist in the North West for the English Institute of Sport, and Technical Lead for the North directorate, as well as being clinical director of Back In Action Rehabilitation, in Wakefield, West Yorkshire. He has just been awarded a PhD in which he conducted research examining musculoskeletal causes of shoulder injuries within professional rugby. He has published several articles in peer reviewed journals on the subject of musculoskeletal injury management, and was a member of the HQ physiotherapy team at the 2016 Rio and 2012 London Olympic Games.

Ben is a highly experienced musculoskeletal physiotherapist. He worked in Premiership rugby with London Wasps before taking up a role at the Olympic Medical Institute for the British Olympic Association. Ben currently works as First Team physiotherapist at Arsenal Football Club, having previously been the Lead Physiotherapist in London for the English Institute of Sport (working with Olympic medallists from Rowing) and the Lead Physiotherapist for British Judo. Ben's exposure to elite level rugby and Olympic Judo has fuelled his specific interest in the sporting shoulder. He has recently been appointed as an Honorary lecturer at UCL where he is responsible for co-ordinating the MSc Sports Rehab module & hopes to commence his PhD.

Course description

This new course has been created to combine systematic methods of assessment and functional rehabilitation of the shoulder, and is applicable to the elite sport and outpatient environments. Both tutors have diverse backgrounds in the management of the athletic shoulder in high performance settings, and have combined their experiences with up to date research to present a course that will allow clinicians to apply new concepts to their existing knowledge in this area.

This course may be facilitated by one or both of the tutors.

Course outline

The intensive 2 day course will include:

- Functional anatomy & biomechanics
- Shoulder assessment
- Proprioceptive assessment & management tips
- Functional kinetic chain testing
- Lumbopelvic, cervical & thoracic spine relationships to shoulder function
- Post-op return to play pathways
- & a wide range of practical exercise solutions to shoulder problems

The course has a strong practical component, so please bring appropriate clothing.

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Neck: Clinical Rehabilitation

Chris Worsfold MSc PGDipManPhys MCSP MMACP
Physiotherapist specialising in Neck Pain

June 30/July 1 - Chesterfield

July 14/15 - Guildford

July 28/29 - Cheltenham, Glos

Sept 15/16- Forth Valley Hospital (FK5 4WR)

October 13/14 - Leeds

Nov 16/17 - Harrogate

Feb 9 /10 - Northern Ireland (BT18 9JE)

Tutor

Chris is a full time Musculoskeletal Physiotherapist, specialising in neck pain. He set up Kent Neck Pain Centre in Tonbridge, Kent in 2010. He is a popular and in-demand public speaker and very regularly presents his work to students, health professionals and lawyers in schools, NHS Hospitals, private clinics and at national conferences. His latest publication (2014) on an evidence-based approach to whiplash medico-legal reporting (Journal of Forensic and Legal Medicine) has been described as 'unquestionably original', 'ground-breaking' and latterly as 'very nice work' by whiplash authority Robert Ferrari. He has an expert witness medico-legal caseload, representing the Chartered Society of Physiotherapy (CSP) in Parliament in 2013. He has also represented the CSP on the Ministry of Justice Whiplash Reform Working Group (2014) – tasked with reforming the whiplash medico-legal reporting system in England and Wales – and as a Director of MedCo (2015) (<http://www.medco.org.uk/>). He has appeared on BBC1, BBC2, BBC Parliament, BBC Radio 4 and in the national press discussing whiplash injury.

Course Description

Learn how you can integrate the latest, cutting edge assessment and treatment approaches into your clinical practice from a physiotherapist that specialises in neck pain. "The Neck: Clinical Rehabilitation" is a 2 day evidence-based course based upon thirty years extensive clinical and research experience. You will gain an in depth understanding of the biomechanics, pathology and evidence-based assessment and rehabilitation of neck pain. Throughout the 2 days there will be an emphasis on research findings that are directly relevant to you, the practicing clinician. You can become the neck pain expert in your department!

Reviews from previous courses:

"He was probably one of the best speakers I have heard. Professional, informative, relaxed, well paced, fun, pertinent, clinically-based, practical, conceptual."

"Brilliant course. Great evidence base"

"Very thorough research presented in a very understandable way. Passionate, accomplished & comfortable with his subject."

"Excellent course, it has totally changed my approach"

"He's a fabulous speaker to listen to and just seemed to clarify and bring together some of those more difficult clients."

"Very practical techniques"

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Neck: Clinical Rehabilitation

Day 1

9:00-9:30 Introductions

9:30-10:00 **Do No Harm:** Red flags, cervical myelopathy, Canadian C-Spine Rule (excluding fracture), Cervical Arterial Dissection (CAD)

10:00-10:30 **Whiplash Injury:** kinematics, biomechanics & pathology

10:30-10:45 Break

10:45-12:30 **Muscle and Motor Control Dysfunction.** This session presents the assessment of the muscle and motor control systems

12:30-1:15 Lunch

1:15-3:00 **Sensorimotor Impairment.** This session presents the clinical assessment of proprioception, oculomotor control and postural stability

3:00-3:15 Break

3:15-3:45 **Towards an Evidence-Based Clinical Examination of the Cervical Spine**

3:45-4:30 **Predicting Prognosis in Whiplash & Neck Pain:** Assessing risk of poor recovery & introducing the role of 'central sensitisation', stress, fear & catastrophising.

Day 2

9:00 - 9:30 Day 1 review

9:30 – 10:30 **Progressing Treatment (Sensorimotor, Muscles & Motor Control):** including an introduction to group based approaches to neck pain

10:30-10:45 Break

10:45-12:30 **Managing Neck Pain.** This practical session presents recommendations for the management of neck pain including specific manual therapy and soft tissue manipulation approaches

12:30-1:15 Lunch

1:15 **Physiotherapy & Neck pain:** What is the evidence base for effective clinical practice?

1:30-3:00 **Managing Neck Pain (continued)** Further techniques are presented, as a continuation of the morning session.

3:00-4:00 **Case Studies** – putting it all together.

The Shoulder

Steps to Successful Treatment

Jo Gibson MCSP MSc (Adv. Practice)

November 2nd/3rd - Peterborough
2019 & 2020 dates to be announced

Tutor

Jo Gibson is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Consultant in private practice. She has worked as a Shoulder Specialist since 1995 and lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex. Jo is an Associate Lecturer at Liverpool University and has published in Peer-reviewed journals and written several book chapters. She has previously held the positions of Vice President of EUSSER (European Society of Shoulder and Elbow Therapists) and AHP representative for the British Elbow and Shoulder Society and is currently Co-Editor of the Educational Section of the Journal of Shoulder and Elbow.

Course Description

This 2 day course will present a simple evidence-based approach to the management of shoulder pathology, which is immediately applicable in your clinical practice. It will consider current developments in the literature and how they inform the key factors contributing to successful outcomes.

The specific rehabilitation approaches for: dynamic shoulder stability, kinetic chain control, shoulder stiffness, shoulder tendinopathy etc will be discussed and covered in the practical sessions. This is highly practical course, which will change your clinical practice.

Aims

- To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
- To present the current literature regarding the pathophysiology of common shoulder conditions and describe the impact on the dynamic stabilisers.
- To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
- To demonstrate key treatment approaches based on the current evidence to address movement dysfunction in the shoulder complex

Learning Outcomes

By the end of this intensive two day course the participant should:

- Understand current concepts of dynamic stability of the shoulder joint.
- Understand current theories relating to the pathophysiology of common shoulder conditions and their impact on dynamic stability of the shoulder joint.
- Develop an awareness of current research regarding evidence based treatment of shoulder pathology.
- Understand key assessment and treatment tools for the successful treatment of the shoulder joint.
- Have the ability to clinically reason key treatment approaches in the management of common shoulder conditions based on movement dysfunction.

Fee: £276 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Shoulder

Steps to Successful Treatment

DAY 1

- 09.00 Key considerations: Movement matters
Stiffness & its significance
- 10:30 Coffee
- 10.45 The Dynamic Stabilisers
Research versus reality and assessment dilemmas
- 12.30 Lunch
- 13.30 The Kinetic Chain and Dynamic Slings
Putting the shoulder in context: It's all about 'normal movement'
- 15:00 Coffee
- 15:15 It's a right pain: How do developments in the neurosciences help us treat patients better?
Getting it right from the start
- 16:30 Finish

DAY 2

- 09:00 What did we do yesterday?
A quick recap
- 09.30 Rotator Cuff Pathology: Tips and tricks
Exercise dilemmas – How do we make sense of the evidence?
- 10:45 Coffee
- 11.00 Instability: KISS!
- 12.30 Lunch
- 13.30 How do we ensure patients are fit for function? Late - stage rehab, future proofing the shoulder and other challenges.
- 14:45 Coffee
- 15:00 So what happens on Monday morning?
Case Studies
Making the right decisions and knowing where to start?
- 16:00 Finish

Shoulder Savers

An integrated approach to injury reduction & reconditioning

Jo Gibson MCSP MSc (Adv. Practice)

Nick Grantham MSc, CSCS, ASCC, Performance Enhancement Specialist

October 17th - Gloucester (Hartpury College)

Tutors

Jo Gibson is a Clinical Physiotherapy Specialist who has specialised in rehabilitation of the Shoulder since 1995 and works at the Liverpool Upper Limb Unit and in private practice. She lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex and is a Consultant to several elite sports teams regarding shoulder rehabilitation. Jo is an Associate Lecturer at Liverpool University, has published in Peer-reviewed journals, written several book chapters and co-authored National guidelines for the management of specific shoulder pathologies.

Nick Grantham MSc, CSCS, ASCC, is a performance enhancement specialist. His career spans four Olympic cycles and Nick is a founding member of the United Kingdom Strength and Conditioning Association and an accredited Strength and Conditioning Coach (ASCC). Nick has gained a fantastic reputation within the NHS and Private Healthcare sector for delivering "**real life**" exercise prescription training, that all therapists attending can immediately apply to their patient caseload. Nick has become recognised as a specialist in athletic preparation and has a wealth of knowledge in the physical preparation and injury rehabilitation of high performance athletes at the most elite levels; including professional sport, Olympic, Commonwealth, European, and World Championship standards. He has worked closely with professional, National Governing Bodies and home institute medical teams assisting in the management, monitoring and implementation of injury management programmes. Nick continues to develop his knowledge of advanced training concepts and evidence based training principles. A sought after 'expert' Nick has presented seminars and practical workshops for the Football Association, BASEM, British Olympic Association and UK Strength & Conditioning Association.

Course Description

In this 1-day workshop Jo and Nick will present an integrated approach to successful shoulder rehabilitation and reconditioning. They will present evidence based principles alongside practical interventions that will allow you to produce effective shoulder rehabilitation and reconditioning programmes to meet your client's needs. The concepts that Jo and Nick cover during this workshop can be easily incorporated into your practice, building upon what you already do well whilst challenging your existing ideas. Drawing on their extensive experience, Jo and Nick will provide practical examples based on case studies that will offer practice based evidence allowing you to consolidate learning during the classroom and practical sessions.

Aims

- Present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
- Present the current literature regarding the pathophysiology of common shoulder conditions and describe the impact on the dynamic stabilisers.
- Present the evidence base supporting the integration of strength and conditioning principles in rehabilitation and reconditioning.
- Present effective strategies to manipulate key programme design variables to develop effective and progressive treatment plans.
- Demonstrate key concepts relating to the production and application of force and how to develop contextual training interventions.
- Demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
- Demonstrate key treatment approaches based on the current evidence to address movement dysfunction in the shoulder complex.
- Demonstrate practical exercise solutions that can be applied to a variety of patients in a wide range of settings.

Fee: £150 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

Shoulder Savers

An integrated approach to injury reduction & reconditioning

FUNDAMENTAL PRINCIPLES <i>[An opportunity to review their understanding of the shoulder complex and explore the cornerstones of effective rehabilitation and reconditioning programme design]</i>		
09:00-09:30	The Multi-Tasking Cuff	Fundamental principles that every practitioner needs to understand about the multi-tasking cuff.
09:30-10:00	Keeping It Simple [Hands On]	A practical session exploring effective assessment strategies used to inform treatment plans.
10:00-10:30	Three Is The Magic Number	Three important things practitioners need to know about how the kinetic chain influences movement.
10:30-10:45	BREAK	
10:45-11:15	An Integrated Approach	How to effectively integrate strength and conditioning principles into everyday practice.
11:15-11:45	The Magnificent Seven	How to manipulate the key training variable to create an effective treatment plan.
11:45-12:15	Force Production and Application [Hands On]	Understanding the relationship and application of force and velocity in shoulder rehabilitation and reconditioning
12:15-13:15	LUNCH	
LEARN BY DOING <i>[Time to put the pen and paper down and experience the application of an integrated approach to shoulder rehabilitation and reconditioning]</i>		
13:15-14:00	Rehabilitation	Practical exercise solutions to establish function
14:00-14:45	Reconditioning	Practical exercise solutions to develop robustness
14:45-15:30	Performance	Practical exercise solutions to create contextual rehabilitation interventions
15:30-15:45	BREAK	
15:45-16:45	Case Studies	An opportunity for delegates to consolidate their learning
16:45-17:00	Consolidation of Learning and Q&A	

Shoulder Savers

An integrated approach to injury reduction & reconditioning

By the end of this intensive 1-Day course the participant should:

- Understand current concepts of dynamic stability of the shoulder joint
- Understand current theories relating to the pathophysiology of common shoulder conditions and their impact on dynamic stability of the shoulder joint
- Develop an awareness of current research regarding evidence based treatment of shoulder pathology
- Understand key assessment and treatment tools for the successful treatment of the shoulder joint
- Have an awareness of the evidence base supporting the integration of strength and conditioning principles in rehabilitation and reconditioning
- Develop an awareness of how to manipulate key programme design variables to develop effective and progressive treatment plans
- Understand key concepts relating to the production and application of force and how to develop contextual training interventions
- Have the ability to clinically reason key treatment approaches in the management of common shoulder conditions based on movement dysfunction

The Shoulder: Theory & Practice (15th Edition)

Dr Jeremy Lewis PhD FCSP
Consultant Physiotherapist, Sonographer, and Visiting Professor
www.LondonShoulderClinic.com

February 23rd/24th 2019 - London (venue to be confirmed)

April 6th/7th 2019 - Warrington, Cheshire

June 8th/9th 2019 - Durham

November 9th/10th 2019 - London (venue to be confirmed)

Tutor

Dr Jeremy Lewis is a Consultant Physiotherapist and Professor of Musculoskeletal Research. He was born in New Zealand and trained in Australia. He works in the UK National Health Service as well as working privately in central London (www.CHHP.com). He is Professor of Musculoskeletal Research at the University of Hertfordshire, UK, and adjunct Professor of Musculoskeletal Research at the University of Limerick, Ireland. He has been awarded a Fellowship of the Chartered Society of Physiotherapy, and has been acknowledged as an eminent clinician in his profession (UK DoH [Department of Health] National AHP Clinical Expert Database). He assesses and treats patients with complex shoulder problems. Jeremy has also trained as a sonographer and performs ultrasound guided shoulder injections, (including intra-articular hydro-distension procedures for Stage III frozen shoulder) as part of the rehabilitation process if required and appropriate. He has also completed an MSc (Musculoskeletal Physiotherapy), and Postgraduate Diplomas in Sports Physiotherapy, and in Biomechanics, as well as MSc modules in injection therapy for soft tissues and joints. He also has a Postgraduate Certificate in Diagnostic Imaging (Ultrasound) (University of Leeds, UK). He has also qualified as an Independent (non-medical) Prescriber.

Jeremy has taught shoulder workshops internationally in over 35 countries. He has been invited to present keynote and invited lectures at many international conferences (example below). His main areas of research interest are rotator cuff related shoulder pain, frozen shoulder, injection therapy, exercise therapy and lateral elbow tendinopathy. In addition to his own research he supervises PhD and MSc students. Jeremy is an associate editor for the *Journal of Orthopaedic and Sports Physical Therapy* (JOSPT). He was a co-editor and author for *Grieve's Modern Musculoskeletal Physiotherapy* (4th ed). Keynote IFOMPT: <https://www.youtube.com/watch?v=XEy5k6GBYZ4>

Course Description

A **biopsychosocial approach** for the **assessment and management** of musculoskeletal conditions involving the **shoulder region**. Taught worldwide in over 35 countries, this course is **continually updated, integrating the latest research evidence**

In addition to assessment & management of the shoulder region, this course synthesises the complex relationships between; the shoulder & body biomechanics, pain science, lifestyle, patient psychosocial factors, beliefs & expectations, best practice, & more **...and is guaranteed to be fun**

This course remains a 'work in progress' and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions. This course will be thought provoking, and provide opportunity to discuss ideas and share experiences. To include a detailed section on frozen shoulder, the course no longer includes the SSMP. For those wanting information on this: <http://bmjopensem.bmj.com/content/2/1/e000181>

Feedback: *"Fantastic course as example of how to treat within the biopsychosocial model. A very competent and relevant approach with respect to where physiotherapy is at currently. The shoulder provides the topic but the clinical processing could be applied elsewhere. I don't think anyone is teaching such a balanced approach currently".*

Fee: £300 by cheque or online, payable to 'Health Education Seminars' (includes extensive course manual and CPD certificate of attendance - 15hrs).

The Shoulder: Theory & Practice (15th Edition)

Please note: The order of the program, content, and timetable structure may vary

Day 1	Day 2
<p>9:00 - 9:30 Introduction, Evidence Based Practice, Psychosocial Factors, Epidemiology & Outcomes Psychosocial factors that will surprise you! And some facts to impress your friends at dinner parties!</p>	<p>9:00 - 9:15 Review of Day 1 and Discussion</p>
<p>9:30 - 10:30 Function, Anatomy, Biomechanics, Evolution, The Kinetic Chain How does the shoulder function? Importance of considering regional and whole body kinematics in relation to shoulder function.</p>	<p>9:15 - 10:30 Rotator Cuff Related Shoulder Pain This theoretical and practical session involves a very detailed and in-depth review of this multifactorial problem. The current evidence based research across a number of professions evidence regarding the aetiology and pathology of this condition will be presented in detail. This session includes a critical appraisal of the use of injection therapy in the management of RCRSP and critically compares outcomes between surgical & non-surgical intervention. Evidence based management is presented in detail. Lifestyle issues and patient scenarios and videos are included.</p>
<p>10:30 - 10:45 Break</p>	<p>10:30 - 10:45 Break</p>
<p>10:45 - 12:30 Assessment and Management This clinically orientated & practical session highlights the dilemma of diagnosis. It includes a biopsychosocial approach to assessment. & management supporting the clinical reasoning process. Includes in depth discussion on orthopaedic tests, posture & imaging.</p>	<p>10:45 - 12:30 Rotator Cuff Related Shoulder Pain (cont.)</p>
<p>12:30 - 13:15 Lunch</p>	<p>12:30 - 13:15 Lunch</p>
<p>13:15 - 15:00 Assessment (cont.) Pain science is discussed, as is the importance of the words we use in clinical practice.</p>	<p>13:15 - 15:00 Frozen Shoulder Theoretical and practical session investigating the latest research and evidence supporting the assessment & management of this intriguing condition.</p>
<p>15:00 - 15:15 Break</p>	<p>15:00 - 15:15 Break</p>
<p>15:15 - 17:30 Assessment and Management (cont.)</p>	<p>15:15 - 16:00 Frozen Shoulder (cont.) 16:00 - 17:00 Patient Presentations, Case Studies, Summary</p>
<p>Day 3 & 4 The 3 or 4 Day Courses includes the same theoretical and practical content as the 2 Day Course. The 3 & 4 Day Courses also includes real time patient assessment and management session and additional information as organised prior to the course. Three and four day courses are requested by host organisations.</p>	

The Shoulder: Theory & Practice (15th Edition)

Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. To appreciate the importance of taking a biopsychosocial approach to patient management.
3. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
4. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
6. To develop greater competency in the management of patients with a variety of shoulder pathologies.
7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, including rotator cuff related shoulder pain and frozen shoulder
9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder.
11. To develop greater confidence in the use of exercise therapy and other techniques for managing shoulder conditions and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.

Participants Comments

- *"Before I did this course the world was flat!"*
- *"Complete change to the way I think about shoulders. Best course I have ever done".*
- *"Fantastic course as example of how to treat within the biopsychosocial model. A very competent and relevant approach with respect to where physiotherapy is at currently. The shoulder provides the topic but the clinical processing could be applied elsewhere. I don't think anyone is teaching such a balanced approach currently".*
- *"Many thanks again for an inspiring course. I loved it!"*
- *"Great explanations, very in-depth, great synthesis of research evidence".*
- *"Thank you, thank you, fantastic, great teaching style, great sense of humour".*
- *"Excellent rationale for phased rehabilitation".*
- *"One of the best courses I have ever done".*
- *"100% useful. Very inspirational. Best shoulder course yet".*
- *"One of the best courses I have been on, all courses should aim to be this good".*
- *"What an amazing course. Have had an unbelievable result this week I also have to say that I have never been able to sit solidly at a course where there is a lot of theory and not zone out at some point. I think you talk so well and you're so interesting that I was gripped the whole time! That's a first for me and only been qualified 20 years!!*
- *"Excellent information with references to support course content".*
- *"Excellent, I have changed how I treat the upper limb and neck pain and have had excellent results". [from participant who had re-attended]*
- *"Brilliant presentation, extremely useful material and very appropriate for current practice"*
- *"Jeremy was relaxed and informative and gave us a lot of valuable information in a non-threatening way, the evidence base was excellent".*
- *"Excellent teacher".*
- *"Inspirational course".*
- *"Probably one of the most useful and reassuring courses I have been on".*
- *"By far the most informative, research based and thought provoking course I have been on".*
- *"Course leader was excellent and the course was very stimulating and thought provoking".*
- *"The tutor had great depth of knowledge, great sense of humour, was very relaxed and very approachable".*
- *"The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation".*
- ***"Excellent presentation style. Enjoyed lectures and practical sessions. Very impressed with depth and breadth of knowledge and how well it relates to clinical practice".***
- ***"Up to date research, excellent techniques, enlightening, holistic, course should be compulsory".***

The Sporting Hand, Wrist & Elbow Examination & Treatment

Ian Gatt MSc OMT MAACP MCSP BSc(Hons), Lead Physiotherapist - GB Boxing

September 8th/9th - Nottingham

Tutor

Ian Gatt has been a sport physiotherapist for over 15 years. He is a senior physiotherapist with the prestigious English Institute of Sport (EIS), where he holds the position of Lead Physiotherapist for the Great Britain Boxing program. Ian qualified with a BSc (Hons) in Physiotherapy. He went on to specialise in Orthopaedic Manipulative Therapy (OMT), completed an MSc in Sport Physiotherapy, and is currently undergoing a PhD in Wrist Biomechanics. Ian has implemented a wide range of philosophies; Kaltenborn, Mulligan, Maitland, McKenzie, Cyriax and other. This combination has provided a thoroughly effective diagnostic and treatment approach with any patient. This approach has been widely recognised by his peers in treatment of conditions from a variety of anatomical sites. It has been invaluable when supporting athletes at major international tournaments, whereby an injury could have meant the difference between success and failure. Apart from athletes, Ian provides private specialist consultations to all members of the public in Sheffield, London, and Malta.

This 2 day course has been developed following the great success of the one day course and the request from participants to increase practical content. The content is constantly updated with new evidence based practice from clinical practice and concurrent research. It is has been developed with the practitioner in mind wanting to upskill their knowledge in the assessment and treatment of MSK injuries in the Hand, Wrist & Elbow regions. To date the content has been equally very well received by physiotherapists, occupational therapists, osteopaths, chiropractors, doctors, and sports rehab professionals. Whether you are working in a private clinic, hospital setting, MOD, or sporting environment you will surely find this to be immediately applicable to your role.

Course description

This course has been shaped to combine effective methods of assessment, treatment, and functional rehabilitation of the Hand, Wrist & Elbow. The tutor has a strong background in the management of these areas, and will present a course that will allow clinicians to enhance their existing knowledge and impact positively in their respective practice. The feedback has revealed it to be an interactive and enjoyable day, with quick wins available.

Course outline

This intensive 2 day course will include:

- Functional overview of applied mechanics of the Hand, Wrist and Elbow
- Discussion and demonstration of Ax and Rx techniques, including manual therapy techniques, of the Hand, Wrist and Elbow
- Discussion and demonstration of a wide selection of rehabilitative exercises of the Hand, Wrist and Elbow
- Clinical reasoning for treatment and rehabilitation progression, with the required appreciation for objective measures for the Hand, Wrist and Elbow
- Kinetic Chain considerations during Ax and Rx of the Hand, Wrist and Elbow
- An insight into planning and executing effective prevention strategies

The course has a practical component, so please bring appropriate clothing.

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Sporting Hip & Groin

Course developed by:

James Moore MPhySt (Manips), MSc Applied Biomech, BSc (Hons), CSCS

Mark Young B.Phyt (Aus), PG Cert (AIS), MAPA, MCSP

July 7th/8th - Loughborough

Sept 1st/2nd - Oswestry

Further dates will be announced by end of June 2018

Tutor: James Moore

James is currently employed by the British Olympic Association (BOA) as the manager for the Intensive Rehabilitation Unit (IRU) at Bisham Abbey, and has worked with multiple sports throughout the UK, USA and Australia. James will also be Head of Performance Services for Team GB at the inaugural European Games in Baku in 2015, and Deputy Chef de Mission Performance Services for Team GB for the Olympic Games in Rio 2016. He has previously held positions such as Head of Medical at Saracens RFC, and consultant Physiotherapist for UKA and the RFU, where he worked through two Olympic cycles including London 2012, and helped in the preparation for the Rugby World Cup in 2011. He is also on the Board as a Director for Sports and Exercise Medicine (SEM) at the Centre for Health & Human Performance (CHHP) and was the medical team leader for Gloucester County Cricket Club.

He completed his Masters in advanced Physiotherapy at University of Queensland in 2000, and has undertaken further studies and qualifications in Strength & Conditioning, Pilates and Biomechanics. James has lectured on hip and groin injuries for over 10 years and has a strong research interest in hip mechanics; lower limb muscle architecture, with a particular interest in hamstring injuries and speed development.

Course outline

Day 1 (09.00 - 17.00) (anatomy, functional biomechanics & diagnosing hip & groin pathology)	Day 2 (09.00 - 17.00) (rehabilitating the hip & groin)
<ul style="list-style-type: none">• Functional anatomy review• Joint biomechanics & movement patterns• Subjective & objective examinations• Adductor-related pathologies• Abdominal-related pathologies• Hip joint-related pathologies• Manual therapy techniques	<ul style="list-style-type: none">• Movement dysfunction & pattern recognition• Functional examination• Imaging & surgical considerations• Structuring a rehab program• Muscle impairment - low or high load?• Rehab exercises - which exercise, when?• Putting it all together

The course has a strong practical component, so please bring a pair of shorts.

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Sporting Spine

Jay Cookson

BSc MMAPC MCSP PGD Manipulative Physiotherapy SRP

Available to host in 2018 / 2019

Tutor

Jay is a spinal specialist and works with the Neuro Spinal surgeons at the regional Wessex Neuro Centre in Southampton. He assesses complex spinal cases referred to the centre from across the region from both primary and secondary care.

Jay works in private practice as well as the NHS and feels very fortunate to have taught courses to many physios working with Premiership football and rugby clubs as well as physios working with all level of sportsmen and women. He has lectured all over the UK and abroad on a number of manual therapy topics. He has a keen interest in golf and is a PGA accredited lecturer on swing biomechanics and performance enhancement. He is a member of the England and Wales Blind golf Team (Jay suffers with significant visual loss). He has worked with such golfers as Ian Woosnam and many other professionals.

Course Description

This intensive 1 day course will provide a comprehensive outline of spinal mechanics and assessment with a focus on overall kinetics rather than specific segmental dysfunction. It will enable therapists to identify biomechanical abnormalities of the spine and will equip them with varying treatments to correct problems identified.

Spinal motor control assessment & maladaptation will be covered, as well as relating these concepts to the ever increasing important aspect of preventative screening. Discussion, demonstration and opportunities to practice these ideas will form the basis of this course.

There will be a focus on clinical reasoning throughout the course, with theory being presented to facilitate this.

Close attention will be given to accurate assessment and application of corrective ideas throughout.

Course Outline

- Considerations of the wider assessment of the athlete
- Clinical reasoning theory
- Spinal mechanics
- Spinal motor control assessment
- Identification of altered motor control
- Correction of altered motor control/maladaptation

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs).

Unravelling Strength & Conditioning for Therapists (new 2 day course)

Andrew McCauley MSc BSc CSCS HCPC MCSP

July 21st/22nd - Bradford
Sept 22nd/23rd - Chippenham

Oct 20/21 - Eastleigh, Hants
Nov 17th/18th - Reading

December 8/9 - Torquay, Devon

Tutor

Andrew is a highly experienced and specialised physiotherapist in musculoskeletal and sports medicine. He currently divides his time between ProCare Sports Medicine and working as an extended scope practitioner in hips, knees and shoulders.

He has worked with a number of professional and high level athletes from a mixture of different sports including: netball, football, running, cross fit and martial arts. Andrew's background started with a degree in PE/Sports Science from Liverpool University. This included modules in exercise physiology; sports psychology, coaching science and a final year dissertation researching 'Overuse Injuries in Dancers'. He then graduated from the Royal College of Surgeons in Ireland with an honours degree in physiotherapy. His final year dissertation focused on 'Overuse Injuries in Professional Soccer Players'. In 2013, Andrew completed his masters in Sports and Exercise Medicine from Exeter University with distinction. His research looked at 'Achilles Tendinopathy and Tibial Stress Fractures in Marathon Runners'. He has extensive post graduate training in manual therapy (MACP) including spinal manipulation.

Andrew has also qualified as a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association in the USA. This enables him to develop detailed and specific exercise programmes so that clients adapt and get stronger in the quickest possible timeframe. It also helps with improving sports performance and athletic development. As well as exercise therapy, Andrew uses a mixture of manual treatment techniques, taping, video biomechanical analysis and is also trained in injection therapy.

Course Description

I have completed a lot of courses and qualifications over the years and I can say without doubt that becoming a strength and conditioning specialist has totally transformed my practice as a physiotherapist. It is something that unfortunately is not taught on our undergraduate degree, yet it is perceived that we are experts in exercise prescription. I now know, after finishing my physiotherapy degree, I was not an exercise prescription specialist. As physiotherapists we are in a perfect position to be leaders in the world of sports medicine and performance enhancement. However, although we are experts in movement analysis, we are definitely in second place when it comes to strength training. This new 2 day course will give you an introduction into how S&C can transform your current practice both with athletic and non-athletic patients (Granny's & Grandad's included). This course will include a mixture of practical and theory.

Learning outcomes

- Understanding the key principles of S&C & how you can implement these into early, mid and late stage rehab (from post op to pole vault...if that's your sport)
- Why exercise prescription is more than just 3 sets of 10.
- How to identify the correct strength-training goal for your patients (& not just the sporty ones).
- Understand the biomechanics of strength training (This is more fun than it looks, I promise)
- How you can adjust exercise programmes for pathological conditions & get better, faster results (including guidelines on return to sport).
- How to increase your patient's strength without hypertrophy or needing a gym membership.
- Why rest intervals during strength training are so important for the recovery of the nervous system & how manipulating this can affect the quality of your exercise programme.
- The difference between strength and power movements & why knowing the difference is essential in return to sport from injury.
- Why adjusting load is the key to managing overuse injuries & why light load can sometimes be not as effective as heavy load.
- Why fundamental movement patterns are essential for all your patients.

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

Unravelling Strength & Conditioning for Therapists (new 2 day course)

Day 1	
8.45 – 9.00	Registration
9.00 – 10.30	Discover the art and science of strength training and why becoming a better coach is the secret to becoming a better therapist.
10.30 – 10.45	Break
10.45 – 13.00	Practical on the skill of creating tension & why it is the key to strength training and how to apply it to your existing exercises for maximum benefit. Hint: A bridge will never feel the same again.
13.00 – 13.30	Lunch
13.30 – 15.30	The Secrets to exercise compliance part 1. Discover why physio and patient mindset is more important than you think and how understanding this will transform your practice and boost exercise compliance even in your most stubborn clients.
15.30 – 17.00	Transform your squat. Here we dive into the great world of squatting. We will explore regressions, progressions, static, dynamic and how we can adapt it for most pathologies and clients. Discover the coaching cues that will enable you to coach all levels from novice to powerlifter.
Day 2	
9.00 – 10.30	The secrets to exercise compliance part 2. Here we discover why keeping things simple and reducing the number of exercises you prescribe will immediately improve adherence and athletic performance. Hint: this includes all levels of athletic performance from weekend warrior to professional athlete.
10.30 – 10.45	Break
10.45 – 13.00	Hinge Practical. This is the missing link in physiotherapy treatment. Learn why patterns such as the deadlift and swing can destroy fat and lower limb tendon problems. Hint: most physio's do not coach this.
13.00 – 13.30	Lunch
13.30 – 15.30	Strength training NOT body Building. Here we explore; how strength training is king in fat loss & not aerobic training, the importance of muscle length tension relationship and the force velocity curve. The biomechanics of strength versus power and the reps and sets continuum. Hint: 3 sets of 10 is not wrong, it's just not always right.
15.30 – 17.00	Pull, Push and Turkish get up (TGU) practical. Discover how to coach these movement patterns to your clients and why I use a particular strength training approach with most of my clients that will guarantee to boost strength gains without DOMS in 2-6 weeks. Hint: It's not hypertrophy training.

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The Athletic Shoulder - identification of specific rehabilitation strategies

Ben Ashworth - MSc BSc (Hons) MCSP, First Team physio - Arsenal Football Club

Lecture Webinars to be added during 2018

Examination of the Active Foot & Ankle

Fraser McKinney - MSc MCSP First Team Physiotherapist - West Bromwich Albion FC

Evidence Based Exercise Prescriptions for Rehabilitation

Dr Raphael Brandon - PhD MSc ASCC, Head of Sports Medicine & Science - England Cricket

Tendinopathy Management in Sport

Mark Young - MCSP, Specialist Performance Physiotherapist, Geelong FC

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Lecture Webinar Fees - £50

- **Stuck on the Hard Shoulder? Simple Solutions**
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- **Observational Gait Analysis - clinical hints & tips for therapists**
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- **The Athletic Shoulder - identification of specific rehabilitation strategies**
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Mark Young - MCSP, Specialist Performance Physiotherapist, Geelong FC

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Proprioception / Focus on Sensorimotor Rehabilitation

Proprioception from Birth to Early Years: implications for the future

Wendy Joy MCSP

Proprioception and multi-sensory integration

Alan Sealy BSc (Hons), Grad Dip Manipulative Physiotherapy

Sensorimotor Rehabilitation for Neck Pain

Chris Worsfold MSc PGDipManPhys MCSP MMACP

Proprioception in the Lumbar Spine – relevancy, context & treatment

Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP

Novel Approach Rehabilitation – challenging the Neurological system to promote adaptation

Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC

Proprioception and the rehabilitation process - key considerations

Jason Laird MSc MCSP BSc Lead Physio GB Gymnastics

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Proprioception / Focus on Sensorimotor Rehabilitation

Wendy Joy Highly Specialist Paediatric Physiotherapist MCSP

Wendy is a specialist paediatric physiotherapist with a keen interest in developmental rehabilitation for children & young people. She runs a multidisciplinary paediatric therapy practice, Total Children's Therapy, in Dorset which has gained a superb reputation for the holistic way it treats all children and families. Families travel not only from local and surrounding counties, but from around the UK and from overseas to be seen at the clinic.

She is also co-founder of Storycises®, which is a structured & progressive proprioceptive movement programme for young children. It has been adopted by numerous schools, early years' settings, paediatric therapy departments and portage services around the UK to aid the development of fundamental movement skills.

She regularly presents around the UK at conferences, workshops and lectures.

Alan Sealy, BSc (Hons), Grad Dip Manipulative Physiotherapy, MCSP

Alan is the founder and director of Aberdeen Balance Clinic, specialising in the treatment and rehabilitation of vestibular and balance disorders. With over 20 years experience in the field, Alan has treated and helped over 6000 dizzy patients, within the NHS, private practice and as director of Oslo 'Balansekliviken', Scandinavia's busiest balance clinic. This considerable experience is utilized in research and educational courses throughout Europe and the UK, from Sweden to Portugal! He has presented at international conferences and medical symposia and has had articles and reviews published in peer-reviewed medical and rehabilitation journals.

Now based in Aberdeen, his time is split between his private practice, lecturing and research.

Chris Worsfold MSc PGDipManPhys MCSP MMACP Physiotherapist specialising in Neck Pain

Chris is a full time Musculoskeletal Physiotherapist, specialising in neck pain. He set up Kent Neck Pain Centre in Tonbridge, Kent in 2010. He is a popular and in-demand public speaker and very regularly presents his work to students, health professionals and lawyers in schools, NHS Hospitals, private clinics and at national conferences. His latest publication (2014) on an evidence-based approach to whiplash medico-legal reporting (Journal of Forensic and Legal Medicine) has been described as 'unquestionably original', 'ground-breaking' and latterly as 'very nice work' by whiplash authority Robert Ferrari. He has an expert witness medico-legal caseload, representing the Chartered Society of Physiotherapy (CSP) in Parliament in 2013. He has also represented the CSP on the Ministry of Justice Whiplash Reform Working Group (2014) – tasked with reforming the whiplash medico-legal reporting system in England and Wales – and as a Director of MedCo (2015) (<http://www.medco.org.uk/>).

He has appeared on BBC1, BBC2, BBC Parliament, BBC Radio 4 and in the national press discussing whiplash injury.

Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP

Neil is a consultant physiotherapist with a special interest in spinal function. He has worked in the NHS, private sector and armed forces and treats complex spinal patients as well as working in a orthopaedic triage environment. He has attained a clinical doctorate at the University of Southampton and completed his MACP training in 2002 and his MSc in 2003. He is a previous Vice chair of the MACP and provides mentorship and examination support on MACP courses. He has presented all over the U.K and abroad leading manual therapy and clinical reasoning sessions. His current post in the NHS covers ESP leadership, complex patient management and research activities.

Mr Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC

Fraser McKinney currently works as Rehabilitator and Movement Specialist and 1st Team Physiotherapist at the premier league football club West Bromwich Albion FC. Fraser has over 11 years experience in sport, previously working in premier league rugby for Newcastle Falcons RUFC and as the Head Physiotherapist for British Basketball in the lead up to and at the London 2012 Olympics.

His academic interest in foot and ankle injuries in sport combined with extensive clinical physiotherapy skills across the many settings has given Fraser a strong knowledge base around the topic of the 'foot & ankle' anatomy, injuries, rehabilitation and treatment interventions. Fraser has presented at the International Amateur Athletics Federation (IAAF) conference, presented CPD events at Professional sports clubs, lectured at MSc level and delivered teaching seminars to therapists and professional athletes. He has a growing national reputation as a sports physiotherapist with increasing recognition of his expertise in the specific area of the rehabilitation of the foot and ankle.

Jason Laird BSc MSc MCSP Lead Physiotherapist British Gymnastics

Jason is an experienced sports physiotherapist currently working for the English Institute of Sport as the Lead Physiotherapist for British Gymnastics. Prior to his work in Gymnastics, he worked for British Judo as the Lead Physiotherapist during the Rio 2016 cycle. Jason has extensive experience of elite performance environments having previously worked at the Chelsea FC Academy and the Royal Ballet Company.

Jason has degrees in both Sports Rehabilitation (BSc) and Physiotherapy (MSc Pre-Registration) as well as a Post-Graduate Diploma in Advanced Musculoskeletal Physiotherapy. He is a member of both the Musculoskeletal Association of Chartered Physiotherapists (MACP) and the Association of Chartered Physiotherapists in Sports and Exercise Medicine (ACPSEM) and has travelled extensively as a clinician including the recent 2016 Olympic Games in Rio. You can follow Jason on Twitter as @PhysioReel

Delegate feedback from Proprioception / Focus on Sensorimotor Rehabilitation conference

Southampton – September 22nd 2017

Aspects of the day you found most useful:

- Conference idea is great for experienced therapists as it gives us great depth of knowledge at our experienced level
- Ideas for integrating into every single patient we see in the clinic
- Practical application of theories – “keeping it simple”- take home messages to use straight away in clinic
- The implications to clinical practice & how to assess things in clinic
- Jason Laird talk, really broke it down simply & makes it really beneficial to apply in clinic
- Neil Langridge – brought together that holistic treatment can be so beneficial
- A great value conference with great speakers
- A variety of speakers bringing proprioception together for the whole body – each speaker reinforced what the others were saying
- Online - we can revisit and consolidate
- Linking of different experts with common topic
- All the speakers were excellent and made their subjects interesting and understandable.
- The practical aspects
- Quality of lecturers
- Excellent coverage of the topic
- Rehab tips in Fraser McKinney’s lecture
- Rehab considerations
- Proprioceptive & vestibular/ocular testing & how to treat implications to clinical practice.
- Variation of speakers from different backgrounds
- Very interesting topics & very well presented.
- Chris Worsfold – great recap of his course/principals
- Good to have different representatives from different specialities.
- Exercise progression ideas for the individual patients, especially those relating to the non-athlete
- Good length of lectures
- The importance of all elements of child development
- The importance of involving all senses to improve balance and proprioception
- Alan Sealy’s & Chris Worsfold’s work
- Good common thread
- Q & A
- Experts together & panel discussion
- I found it has helped me understand the relationship between the head & the neck.
- Fraser McKinney lecture
- Practical advice from Jason Laird
- The first lecture on early years sensory motor control
- Jason Laird speech at the end

UK Lower Limb Specialists 2017

The Reality of Lower Limb Rehabilitation and Reconditioning

Mr Nick Grantham MSc, CSCS, ASCC Performance Enhancement Specialist

Relationship of squatting, landing & running performance to patellofemoral pain

Dr Lee Herrington PhD, MSc, MCSP, SRP, CSCS

The essential components of dynamic joint stability; rehabilitation of the emergency response

Dr Claire Minshull PhD, Rehabilitation & Conditioning Specialist

Functional Rehabilitation of Groin Injuries

Mr Johnny Wilson, Head of Sports Medicine, Notts County FC

Clinical Observational Gait Analysis

Mr Paul Harradine MSc FCPodMed FFPM RCPS(Glasg) CertEd

Soleus: the missing link on sports rehabilitation pathway

Mr Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC

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UK Lower Limb Specialists 2017

Nick Grantham has become recognised as a specialist in athletic preparation and has worked in high performance sport for almost 20 years. He has worked closely with professional teams, National Governing Bodies and home institute medical teams assisting in the management, monitoring and implementation of injury management programmes. Nick continues to develop his knowledge of advanced training concepts and evidence based training principles. A sought after 'expert' Nick has presented seminars and practical workshops for the Football Association, BASEM, British Olympic Association and UK Strength & Conditioning Association. Nick has successfully transferred his detailed knowledge of training athletes into the public arena for rapid results and has a great ability to make the complex seem obvious and simple, making it easy to apply in your clinics.

Lee is a Senior Lecturer in Sports Rehabilitation, University of Salford; programme leader for the MSc Sports Injury Rehabilitation course (<http://www.salford.ac.uk/courses/sports-injury-rehabilitation>). Has a technical lead clinical role with the English Institute of Sport and acts as a consultant physiotherapist to a number of premiership & championship football and rugby union clubs. Worked as part of the Team GB medical team at the London 2012 Olympic Games and the Team GB medical team for the Baku 2015 European Games. Has previously worked with British Swimming team, Great Britain Women's Basketball team, Wigan Warriors and Great Britain Rugby League teams. Research interests are the treatment and rehabilitation of sports injuries, specifically: anterior knee pain; hamstring muscle injuries and rehabilitation following knee surgery (principally ACL reconstruction), along with work into the swimming and rugby shoulder, has published over 100 research papers (<http://www.seek.salford.ac.uk/profiles/HERRINGTON534.jsp>).

Claire has over 14 years of research, teaching and clinical experience in the field of sports medicine. She currently leads a collaboration between 2 Edinburgh Universities and a major NHS Orthopaedic and Trauma & Orthopaedics Department, forging new research into rehabilitation following orthopaedic surgery. Prior to this she was a Senior Lecturer at Nottingham Trent University, leading a range of undergraduate and postgraduate sports medicine courses. Her research and teaching interests include the influences of exercise, training and rehabilitation endeavours on dynamic joint stability, neuromuscular, musculoskeletal and psychobiological performance. Claire has published her research in leading peer-reviewed sports medicine journals and has presented at national and international conferences. She is also an expert reviewer for several sports medicine and physiology journals and supervises PhD students in the area. Through her private practice, Claire practically bridges the gap between Strength and Conditioning, Neuromuscular Physiology and Physiotherapy, working with professional athletes, joint replacement patients and clinicians to optimise physical conditioning and recovery. Claire is an avid sports woman, with an empathy for the ACL-injured athlete.

James Moore is currently employed by the British Olympic Association (BOA) as the manager for the Intensive Rehabilitation Unit (IRU) at Bisham Abbey, and has worked with multiple sports throughout the UK, USA and Australia. James will also be Head of Performance Services for Team GB at the inaugural European Games in Baku in 2015, and Deputy Chef de Mission Performance Services for Team GB for the Olympic Games in Rio 2016. He has previously held positions such as Head of Medical at Saracens RFC, and consultant Physiotherapist for UKA and the RFU, where he worked through two Olympic cycles including London 2012, and helped in the preparation for the Rugby World Cup in 2011. He is also on the Board as a Director for Sports and Exercise Medicine (SEM) at the Centre for Health & Human Performance (CHHP) and was the medical team leader for Gloucester County Cricket Club. He completed his Masters in advanced Physiotherapy at University of Queensland in 2000, and has undertaken further studies and qualifications in Strength & Conditioning, Pilates and Biomechanics. James has lectured on hip and groin injuries for over 10 years and has a strong research interest in hip mechanics; lower limb muscle architecture, with a particular interest in hamstring injuries and speed development.

Paul Harradine is a clinical musculoskeletal podiatrist and director of The Podiatry Centre, with clinics around Hampshire and Surrey. Since qualifying in 1994 Paul has gained an MSc (Sports injury and therapy) and CertEd working in both NHS clinical specialist posts and educational settings before becoming a full time private practitioner in 2003. He lectures on the post graduate circuit and has published papers in podiatric, physiotherapy and orthopaedic texts on first ray function, plantar pressure analysis technology, taping, outcome studies, orthoses production and foot function theory amalgamation. Paul has prescribed more than 9000 pairs of custom foot orthotics, making more than 6000 of these himself. He is a keen sportsman, participating in Triathlon, and works within professional football, cricket and tennis teams including Southampton FC and Hampshire County Cricket Clubs.

Fraser McKinney currently works as Rehabilitator and Movement Specialist and 1st Team Physiotherapist at the premiership football club West Bromwich Albion FC. Fraser has over 11 years experience in sport, previously working in premiership rugby for Newcastle Falcons RUFC and as the Head Physiotherapist for British Basketball in the lead up to and at the London 2012 Olympics.

His academic interest in foot and ankle injuries in sport combined with extensive clinical physiotherapy skills across the many settings has given Fraser a strong knowledge base around the topic of the 'foot & ankle' anatomy, injuries, rehabilitation and treatment interventions. Fraser has presented at the International Amateur Athletics Federation (IAAF) conference, presented CPD events at Professional sports clubs, lectured at MSc level and delivered teaching seminars to therapists and professional athletes. He has a growing national reputation as a sports physiotherapist

Delegate feedback from **UK Lower Limb Specialists conference**

Manchester - June 16th 2017

Aspects of the day you found most useful:

- The realistic approach of the presenters and accepting research doesn't portray clinical requirement
- Great speakers, great content! Great venue
- The set up, quick, well organised
- Very useful and can be used immediately
- Handouts / space for notes
- Excellent examples with use of videos by Johnny Wilson
- Amazing analogy and examples of gait
- Latest research & rehab techniques
- Paul Harradine lecture most informative
- Snippets of numerous lectures & peoples / professions way of thinking
- Although lots of interesting info, the best bits for me were Lee Herrington's and Paul Harradine's talks where I can directly use these in practice
- Brilliant day – thank you. Looking forward to Southampton later this year and to receiving Johnny's slides. Thank you.
- Practical advice & useful background research
- Good clinical transition
- Practical elements
- Functional rehab
- Practical element that able to use immediately in clinical setting
- Clinical usage in sport & knowing what I am doing & teaching is relevant
- Great mix of speakers, all on one day and in the North is fantastic. I like the professional mix of the speakers. Able to use a lot of the info clinically immediately
- Excellent content presented openly & honestly by experienced, well researched presenters
- Groin, Gait Analysis, Soleus
- Good size – not too big
- Ability to access lectures later on
- Claire, Paul's & Lee's presentations as I can use this to help develop my practice in the NHS more than the others (just specific to myself)
- Content was excellent
- Range of topics
- Biomechanics from the Podiatrist. Paul simplified a complex aspect for a physio
- Update of theory. Practical ideas
- Lee's lecture was excellent
- Clinical
- Very good course in general
- Adaptations to running / gait
- Gait analysis

Evidence Based Physical Therapy 2016

Mick Thacker PhD. MSc. Grad Dip Phys. Grad Dip MNMSD. HPC. FCSP.
Pain - Sensation or Perception ? Implications for clinical practice.

Mark Young MCSP, Specialist Performance Physiotherapist
Tricky tendons & practical solutions: Applying the evidence to clinical practice

Assoc Prof Roger Kerry MSc FMACP MCSP
Cervical Arterial Dysfunction implications for clinical practice

Dr Claire Minshull PhD Rehabilitation & Conditioning Specialist
How to really rehabilitate strength; the glaring omission of basic principles in rehabilitation research

Jo Gibson MCSP MSc (Adv. Practice)
Searching for the magic bullet in shoulder rehabilitation – are we getting nearer?

Chris Mcleod MSc ASCC, Senior Strength and Conditioning Coach - EIS
Identify, Inspire, Insight: Decision making in uncertainty

Available to watch streamed online from

www.hewebinars.com

Evidence Based Physical Therapy 2016

Mick Thacker PhD. MSc. Grad Dip Phys. Grad Dip MNMSD. HPC. FCSP.

Senior Consultant AHP (Pain) Guy's & St Thomas' NHS Foundation Trust & PI Centre for Human and Aerospace Physiological Sciences & Pain Section, Neuroimaging. Institute of Psychiatry. Kings College London.

Mick qualified as a physiotherapist in 1987. He undertook and passed with distinction advanced training in manual therapy before completing a Master's degree at University College London. Mick completed his PhD at King's College London (KCL) researching the molecular neuroimmunology of neuropathic pain. He has held lecturing posts at Brunel University, St Georges Medical School and KCL. Mick wrote and led the Award winning MSc Pain; Science and Society at KCL and was a member of curriculum development team of the International Association for the Study of Pain. Mick has published many original peer reviewed papers and several book chapters and has spoken at many conferences across the globe. More laterly, Mick has focused on the investigation of supraspinal pain mechanisms using neuroimaging and is now working with Prof Andy Clark at Edinburgh to investigate the role of Predictive Processing in Pain.

Mark Young MCSP, Specialist Performance Physiotherapist

Mark is an accomplished physiotherapist with a unique mix of research and clinical skills. He was awarded the post graduate scholarship at the Australian Institute of Sport in 2003, where he worked with several elite sports at the AIS headquarters. He is passionate about the need for research, and has had his own research published in the BJSM. He has previously worked as a consultant to Nike Athletics, working with some of the world's leading athletes on the World Athletics Tour, and with the English Institute of Sport, in association with UK Athletics, at their North London High Performance Centre in Lee Valley. Mark was the National Lead Physiotherapist for the England & Wales Cricket Board, prior to returning home to Melbourne, Australia where he is now Head of Performance at **Geelong Cats**, Australian Rules Football Club.

Assoc Prof Roger Kerry MSc FMACP MCSP

Roger is an Associate Professor in the Division of Physiotherapy and Rehabilitation Sciences at the University of Nottingham, UK, and an Honorary Fellow of the UK's Musculoskeletal Association of Chartered Physiotherapists. He has been involved in clinical and academic education for the past 15 years with focused interests in clinical reasoning, assessment and management of cranio-cervical dysfunction, haemodynamics, and chronic pain. Roger has published extensively in peer-reviewed journals and academic texts on the areas of haemodynamics, cervical arterial dysfunction, education, as well as the philosophy of science. He is an accomplished international speaker. He is member of the IFOMPT working party for examination of the cervical spine, and a co-author of the IFOMPT framework for examination of the cervical region. His doctoral studies are concerned with the nature of causation in evidence-based medicine.

Dr Claire Minshull PhD Rehabilitation & Conditioning Specialist

Claire has worked in the field of sports medicine for over 15 years as a Senior Lecturer, Researcher, Consultant and as a Practitioner. She has designed, led and managed major clinical and non-clinical research trials, supervised several PhD students, and has published over 30 research papers in leading peer-reviewed sports medicine journals. She is regularly invited to speak at national and international academic and professional symposia, writes for sports magazines and, serves as expert reviewer for several scientific sports medicine and physiology peer-reviewed journals. Claire's research and teaching interests include the influences of exercise, training and rehabilitation on dynamic joint stability, neuromuscular, musculoskeletal and psychobiological performance. Her work also focuses on assessing neuromuscular function optimally and developing specialised rehabilitation protocols for enhancing functional and performance. Claire's area of expertise means that she uniquely spans the gap between the physiology of conditioning and physiotherapeutic rehabilitation.

Jo Gibson MCSP MSc (Adv. Practice)

Jo is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Partner in private practice. She has worked as a Shoulder Specialist since 1995 and lectures nationally and internationally about assessment and rehabilitation of the shoulder complex.

She provides a consultancy service to several elite sports teams regarding shoulder rehabilitation. Jo is also an Associate Lecturer at Liverpool University and has developed Masters modules for the diagnosis and treatment of upper limb pathology.

Jo has published in peer-reviewed journals and has written several book chapters. She is a member of the British Elbow & Shoulder Society Research Committee, Co-Editor of the Educational section of the British Shoulder & Elbow Journal and Chair of the EUSSER Education Committee.

Chris Mcleod MSc ASCC Senior Strength and Conditioning Coach - English Institute of Sport

Chris is a Senior Strength & Conditioning coach for the English Institute of Sport, where he oversees the S&C delivery and technical development of staff in Bisham Abbey, Lee Valley and Milton Keynes. Through his career Chris has worked as Strength and Conditioning coach for a wide range of sports including GB Sailing, RFUW, Gymnastics, Badminton, GB Swimming and Rugby 7's. Chris was the National Strength and Conditioning lead for England Netball and Modern Pentathlon GB, within these roles Chris has been involved in Olympic Games, Commonwealth Games and World Championship preparations.

UK Spinal Specialists 2016

Mr Chris Worsfold - MSc PGDipManPhys MCSP MMACP

Clinical Approaches to Sensorimotor Impairment in Whiplash Injury & Neck Pain

Mr Chris Mercer - MSc MMACP MCSP

True Masqueraders - are we finding them?

Dr Neil Langridge DClinP MMACP MSc (Manip Ther) MCSP

The key elements of rehabilitating movement in chronic LBP

Dr Shantanu Kar - Consultant MSK Radiologist

Imaging for Spinal Pain

Mr Mike Stewart - MCSP

Order from Chaos: Making sense of spinal pain through lived experiences.

Dr Chris McCarthy - PhD, FMACP, FCSP

A New Definition of Manipulation of the Spine

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www.hewebinars.com

UK Spinal Specialists 2016

Mr Chris Worsfold - *Clinical Approaches to Sensorimotor Impairment in Whiplash Injury & Neck Pain*

Chris Worsfold has over 25 years' experience and is a full time clinician specialising in neck pain. He is an experienced and in-demand public speaker and has spoken at over fifty national conferences, seminars and Universities to health professionals, Master's level postgraduates and lawyers. He has a considerable medico-legal caseload and gave oral evidence in Parliament to the Transport Select Committee investigation into whiplash claims in 2013 and has been both a member of the Ministry of Justice Whiplash Reform Group and a Director of MedCo. He has authored 16 peer reviewed publications and has appeared on BBC1, BBC2, BBC Parliament and BBC Radio 4 discussing whiplash injury.

Chris Mercer - *True Masqueraders - are we finding them?*

Chris is a Consultant Physiotherapist and has a split role, as clinical lead for MSK at Western Sussex Hospitals NHS Trust, and Lead for the Spinal Clinic there. He has a particular interest in Spines, and has been involved in the development of several national and international guidelines related to the management of Low Back Pain and Neck Pain. He is a past Chair of the Musculoskeletal Association of Chartered Physiotherapists (MACP) and is currently Chair of the Organising committee for a major international MSK conference in Glasgow, IFOMPT2016. Chris has an interest in developing competencies for extended scope physiotherapists and in integrating research into practice. He is a visiting lecturer for MSc courses in Brighton and Coventry. He is an enthusiastic, if very average, surfer.

Dr Neil Langridge - *The key elements of rehabilitating movement in chronic LBP*

Neil is a consultant physiotherapist with a special interest in spinal function. He has worked in the NHS, private sector and armed forces and treats complex spinal patients as well as working in a spinal triage environment. He has attained a clinical doctorate at the University of Southampton and completed his MACP training in 2002 and his MSc in 2003. He is a previous Vice chair of the MACP and provides mentorship and examination support on MACP courses. He has presented all over the U.K and abroad whilst leading manual therapy sessions at a number of Universities. His current post in the NHS covers ESP leadership, complex patient management and research activities. He is currently undertaking a post graduate certificate in the management of headache via the University of Edinburgh.

Dr Shantanu Kar - *Imaging for Spinal Pain*

Dr Kar is a highly experienced radiologist at University Hospital Southampton NHS Foundation Trust with a keen interest in musculoskeletal radiology.

Mr Mike Stewart - *Order from Chaos: Making sense of spinal pain through lived experiences*

Mike is a full-time clinician with over fifteen years of experience managing complex, persistent pain conditions. In addition, he is a dedicated practice-based educator committed to providing evidence-based education to a wide variety of health professionals. Mike is currently undertaking an MSc in Clinical Education at the University of Brighton.

During his presentation, Mike will explore the following:

- Worries & concerns related to spinal pain
- Categorical and contextual clinical reasoning differences
- The roles of the practice-based educator
- Facilitation through experiential learning methods
- The role of metaphors within pain reconceptualisation

Dr Chris McCarthy - *A New Definition of Manipulation of the Spine*

Dr McCarthy is the immediate past chair of the UK Manipulation Association of Chartered Physiotherapists (MACP) and is a Consultant Physiotherapist at the London Spine Unit, UK. He is a Spinal fellow in Orthopaedics and investigates and manages orthopaedic spinal pain in conjunction with two spinal surgeons. His PhD investigated the role of exercise in OA and led, in part, to the national recommendation of exercise for this condition. He was awarded the young investigator of the year award by the British Society of Rheumatologists in 2001 for this work. His post-doctoral studies have investigated the issue of sub classification of non-specific low back pain and these are ongoing. Prior to taking up his current post he was an Assistant Professor of Rehabilitation at the Medical school of Warwick University. He has recently published "Combined Movement Theory: Rational Manipulation and Mobilisation of the Vertebral Column" with Churchill Livingstone, a text book encouraging the integration of mobilisation and manipulative techniques using Dr Brian Edward's combined movements principles. He investigated and co-authored the MACP's guidance document for pre-manipulative screening and has published over 40 peer reviewed articles whilst lecturing internationally on combined movements and manipulation. He has recently been awarded fellowship of both the MACP & the Chartered Society of Physiotherapy for advances in Manual Therapy.

UK Strength & Conditioning Specialists 2016

“Getting Ready for Game Day”

Jared Deacon MSc, ASCC, Strength & Conditioning Coach - Scottish Rugby Academies and Scotland National U20's
Jared has extensive experience in three main strands of sports performance; firstly, as a competitor in track athletics in the 400m he competed at every major championships in a 10 year international career including the Olympic Games in Sydney in 2000 and winning gold medals in the 4x400m at the 2002 Commonwealth Games and 2002 European Championships. Secondly, as an athletics coach he has worked for UK Athletics as a sprint and hurdles coach as well as being team coach at European and World Junior Championships. Jared has coached athletes to all major championships whether working as a voluntary coach or as part of the UKA role. Thirdly, Jared has worked as a Strength & Conditioning coach for over 10 years having roles within the English Institute of Sport working across many different sports and currently working with Scottish Rugby Academies and the Scotland National Under 20 squad.

Joel Brannigan MSc BA ASCC, Head of Strength and Conditioning - Durham County Cricket Club
Currently working in professional cricket, Joel spent the last 9 years working as a head of strength and conditioning in the university sector with Team Northumbria. During those 9 years he built a successful university department catering for over 400 student athletes as well as developing many young coaches. Growing to a team of 8 coaches in his time there, he has a wide range of experience in over 25 sports with athletes ranging from Olympic and Paralympic level, down to student athletes. Seeking a change of environment he was able to make the transition into professional sport based on both his experiences in a university, and on the back of his own previous career in professional rugby as a player. He has also delivered on several NGB projects and private consultancy work and is a UKSCA Tutor. As a coach his career has been able to develop and evolve (on many occasions!) so that he can get the most out of both athletes and staff. He has particular interest in the "education" of development athletes and creating different coaching environments that drive the full spectrum of athlete by combining hard work, a group ethos, integrity, but most of all individualism.

Scott Pearson MSc, Strength Coach - British Cycling
As a Strength & Conditioning coach Scott's primary objective is to develop the most athletic, physically and mentally prepared athletes in British Cycling. Scott provides his athletes with the best service possible through consistently high levels of coaching, programming and education and he believes his role as strength coach makes me a major contributor in the career and performance of the athletes he works with. Scott has spent over six years working in top flight professional rugby and has now turned his expertise to help prepare members of the British Cycling team for Rio 2016. Scott prides himself on his ability to utilise both the knowledge and experience he has gained to provide a positive atmosphere; where hard-work, learning and enjoyment are fundamental.

Chris Tombs MSc, Head of Strength and Conditioning - Northants County Cricket Club
Chris has spent 21 years working in physical preparation and strength and conditioning, the last 14 in professional sport and National teams (2 years in the USA). His work has seen him work extensively across two main professional sports and 2 continents and he has been fortunate enough to win trophies with 2 different teams, in 2 different sports plus national titles in both men's and women's rugby in the USA. His main areas of interest and specialism are, Athlete development through a robust philosophy of integrated strength foundation. A process of delivering and optimising the effective use of the the strength qualities in to a well rounded strength and conditioning program. Over the past 5 years particularly Chris has looked more "globally" at performance systems and the management of a 24 hour athlete. Looking strategically at implementation of complimentary technologies to aid in the decision making process and building support structures to facilitate athlete development through behavioural change and performance services.

Ian Pyper BSc (Hons) MSc ASCC, Performance Scientist and Senior Strength & Conditioning Coach - British Triathlon
Ian has worked as a full time S&C coach with the English Institute of Sport for just under 10 years, and as a part time S&C coach with the Scottish Institute of Sport for 2 years prior to that. During this time he has worked with over 20 different sports in both Olympic, Paralympic and professional sports. Having been involved in the preparation of a handful of individual athletes for the Beijing Olympic Games, he moved onto lead the preparation with GB Boxing and British Triathlon into London 2012. In his current role Ian heads up the S&C delivery for British Triathlon and is in the final training blocks for the 2016 Olympic Games.

Stuart Yule BSc (Hons), ASCC, Head Strength and Conditioning Coach - Glasgow Warriors
Stuart is a physiotherapy graduate with 16 years of strength and conditioning coaching experience. Stuart has been an S&C coach across a number of sports including hockey, badminton, athletics and had a lead role with GB judo team up to the 2008 Olympics. His career has enabled him to coach in the Scottish Institute of Sport, English Institute of Sport and for the last 6 1/2 years in professional rugby with Glasgow Warriors. Stuart sporting highlights are in Olympic weightlifting in which he represented Scotland at two Commonwealth Games. More recently Stuart has competed in Strongman and has success at u90kg, achieving podium positions at National championships.

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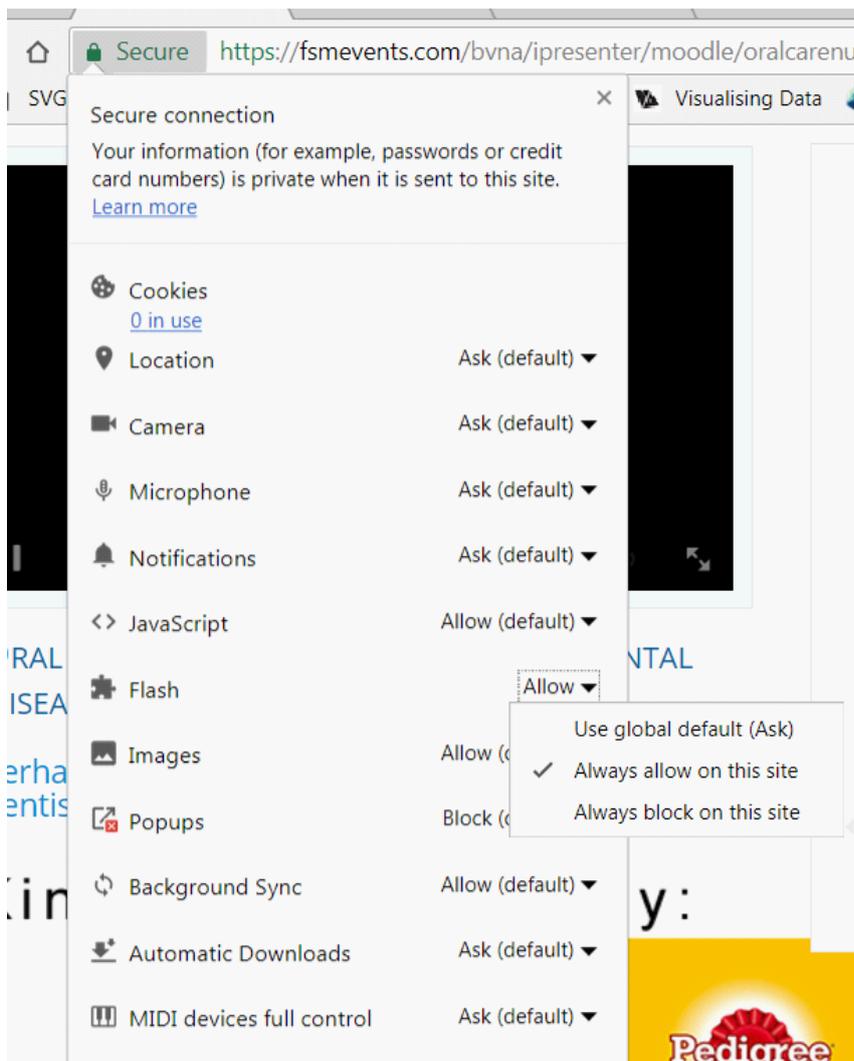
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5. Click where it says Ask (default) and change the option to Always Allow on this site.
6. The Flash option should now display Allow next to it. (see screenshot below)
7. Refresh the page by clicking the icon that looks like an arrow turning back around on itself and which is next to the padlock symbol you previously clicked to show the options.
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Evening Lecture	Tutor
ACL Reconstruction Management	Dr Lee Herrington (PhD, MSc, MCSP, SRP, CSCS)
Anterior Knee Pain - differential diagnosis & treatment	Dr Lee Herrington (PhD, MSc, MCSP, SRP, CSCS)
Athletic Screening - Recognising & Reducing Injury Risk	Simon Noad MSc PGDip BSc (Hons) MCSP MMAPCP, Senior Physio, British Sprint Canoeing
Cervical Arterial Dysfunction - a clinicians guide	Roger Kerry (MCSP FMACP MSc) & Alan Taylor (MCSP MSc MLACP)
Clinical Reasoning within the Spine	Dr Neil Langridge (PhD MSc MCSP MMAPCP)
Dynamic Instability of the Hip Joint: Assessment & Training	James Moore (M.Phty (Manips), BSc (Hons) MCSP, CSCS, Intensive Rehabilitation Unit Manager at Bisham Abbey National Sports Centre)
Elite Sports Taping - Upper Limb & Lower Limb	Ashley James MCSP
Evidence Based Exercise Prescriptions for Rehabilitation	Dr Raphael Brandon (PhD MSc ASCC, Head of Sports Medicine & Science - England Cricket)
Examination of the Active Foot & Ankle	Fraser McKinney (MSc MCSP First Team Physiotherapist - West Bromwich Albion FC)
Foot & Ankle Injuries	Fraser McKinney (MSc MCSP First Team Physiotherapist - West Bromwich Albion FC)
Grappling with Groin Pain - Dilemmas in Diagnosis, The Spine & The Pelvis?	Howard Turner BSc BAppSc MCSP
Hamstring Injuries - function, assessment & rehabilitation	James Moore (M.Phty (Manips), BSc (Hons) MCSP, CSCS, Intensive Rehabilitation Unit Manager at Bisham Abbey National Sports Centre)
Loading Strategies & Prescription for Rehabilitation - achieving successful outcomes	Nick Chadd MSc ASCC CSCS, Head of Sports Science / S&C, Manchester City FC Academy
Modern Exercise Prescription for Therapists	Nick Grantham (MSc, CSCS, ASCC, Performance Enhancement Specialist)
MSK Clinical Reasoning workshop	Jay Cookson (MCSP MMAPCP)

Evening Lecture	Tutor
Muscle Fatigue: Current Concepts for Knee Rehabilitation & Conditioning	Dr Claire Minshull (PhD, Advanced Rehabilitation Research Fellow: University of Edinburgh; Queen Margaret University, Edinburgh)
Neck Pain - new treatment approaches for the busy clinician	Chris Worsfold MSc PGDipManPhys MCSP MMACP Physiotherapist specialising in Neck Pain
Observational Gait Analysis - clinical hints & tips for therapists	Paul Harradine (MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist)
Rotator Cuff Tendinopathy	Dr Jeremy Lewis (PhD MSc MAPA MCSP MMACP MMPA)
Spinal Manipulation: What the heck are we doing?	Dr Chris McCarthy (PhD, FMACP, FCSP)
Stuck on the Hard Shoulder? Simple Solutions	Jo Gibson MCSP MSc (Adv. Practice)
The Athletic Shoulder - Identification of specific rehabilitation strategies	Ben Ashworth (MSc BSc (Hons) MCSP, First Team physio - Arsenal FC) OR Dr Ian Horsley (PhD MSc MCSP CSCS NW Regional Physiotherapy Lead - EIS)
The Contracted (Frozen) Shoulder	Dr Jeremy Lewis (PhD MSc MAPA MCSP MMACP MMPA)
The Elite Sporting Ankle	Fraser McKinney (MSc MCSP First Team Physiotherapist - West Bromwich Albion FC)
The Grumbling Groin - management strategies for persistent groin pain	James Moore (M.Phty (Manips), BSc (Hons) MCSP, CSCS, Intensive Rehabilitation Unit Manager at Bisham Abbey National Sports Centre)
The Practitioners Performance Toolbox - essential clinical & non-clinical skills for sport	Jason Laird (MSc MCSP BSc Lead Physio GB Gymnastics)
The Sensorimotor Spine & the linkage of manual therapy & exercise	Dr Neil Langridge (PhD MSc MCSP MMACP)
The Sporting Hand, Wrist & Elbow	Ian Gatt (MSc OMT MAACP MCSP, Lead Physiotherapist - GB Boxing)
The Sporting Spine	Jay Cookson (MCSP MMACP)
Understanding the Movement Puzzle - implications for performance and injury prevention	Chris Mcleod MSc ASCC CSCS Strength and Conditioning Technical Lead - English Institute of Sport



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