

MSK COURSES April 2020 to November 2020

Upper Limb: Friday 24 April 2020

Neck & Upper Back: Saturday 13 June 2020

Low Back: Friday 9 October 2020

Lower Limb: Saturday 28 November 2020

Overview

Venue: Lyndhurst, New Forest

Registration: 9.00am and each course will start at 9.15am, ending at 4.45pm.

Cost: £85 each course, to include tea and coffee. There are many places in the High Street to buy lunch e.g. Costa Coffee, local tea and coffee houses, small supermarket, sandwich shop and ice cream parlour. It takes less than 5 minutes to walk to the High Street from the venue.

10-12 participants on each course due to emphasis on practical skills

Content: Improve / refresh hands-on assessment and treatment skills related to palpation, posture and movement dysfunction. Emphasis will be on precision in observation and palpation. Will promote ethos of self-management and re-education of normal movement. Links will be made to case studies.

Tutor: Dr Dean Phillips PhD MSc PGDipManipTher MMACP

Tel: 01425 281000

Email: dean@timberlandphysio.co.uk

A place is not confirmed until payment is received in full. To confirm your place, please pay by Faster Payment (see below), or you can send a cheque for £85 payable to Dean Phillips (see address below). Also please confirm the day(s) you wish to attend, your contact telephone number and address via email. If you could confirm by email if Faster Payment has been made, or a cheque sent. I will then confirm when received and send you a receipt.

Faster Payment:

Lloyds Bank

Name: Dr DR Phillips

Sort code: 30 95 32

Account number: 00855348

Dr Dean Phillips

22 Pemberton Road

Lyndhurst

Hampshire SO43 7AN

Participant feedback from recent courses:

"Thanks for a brilliant course!"

"Excellent. Thank you, exceeded expectations."

"Relaxed, approachable & not at all intimidating."

"Your courses are very professional Dean, you achieve a great balance with all participants."

"A great day with new approaches to assessment learnt and valuable treatment techniques to try. Thank you."

Prior to each course

There will be little need to do any pre-reading but remind yourself of the subjective assessment particularly the information gained by asking patients for their specific aggravating and easing factors. If you wanted to practice any hands-on techniques, depending on the course either spinal PPIVMs, or passive movement testing of the lower limb and upper limb would be good, but not essential.

Aims and Learning Outcomes

Aims

In relation to low back pain, or neck and upper back pain, or conditions of the lower limb and upper limb, including complex pain conditions, the aim of each day is for you to:

- Further develop your:
 - observational skills in relation to posture and movement awareness
 - manual therapy examination and treatment skills

Learning Outcomes

In relation to low back pain, or neck and upper back pain, or conditions of the lower limb and upper limb, including complex pain conditions, by the end of each day you should be able to:

- Demonstrate appropriate:
 - observational skills in relation to posture and movement awareness
 - manual therapy examination and treatment skills

Summary of content

Topics covered will include:

- Patient interview (subjective) – a brief overview
- Observation – posture & movement
- Manual therapy examination and treatment
- Clinical reasoning and decision-making skills, aided by discussion of cases from clinical practice, in relation to the management of acute and chronic low back, or neck and upper back pain, or specific conditions of the lower limb and upper limb
- In the Low Back, and Neck & Upper Back courses, short lectures on anatomy and pathology will be included e.g. disc injuries in the low back, or disc and facet injuries in the neck, to aid clinical reasoning and decision-making skills
- In the Lower Limb and Upper Limb courses, anatomy and pathology will be discussed within the practical assessment and treatment skills that are covered in the specific cases.

My background

Experience

- 30 years clinical experience and an advanced clinical qualification in treating the muscles, joints and nerves in the spine and limbs

Currently

- Established my own clinic Timberland Physiotherapy www.timberlandphysio.co.uk in 2010, based in a GP surgery at Cornerways Medical Centre, Ringwood
- Principal Teaching Fellow, Musculoskeletal Physiotherapy, University of Southampton. Co-ordinating and teaching the musculoskeletal part of the physiotherapy programme (part-time)
- Senior Research Adviser, National Institute for Health Research (NIHR), Research Design Service (RDS) South Central, Faculty of Medicine, University of Southampton (part-time)
- Project lead for impact report for Musculoskeletal Themed Review "*Moving Forward: Physiotherapy for Musculoskeletal Health and Wellbeing*" – launched July 2018, NIHR Dissemination Centre

Past

- Hampshire Wellbeing Centre, The Ageas Bowl, West End, Southampton (2018 to 2020)
- Cura Healthcare, West End, Southampton (1995 to 2018). Co-owner Cura Healthcare 2016-2018)
- Worked in a variety of clinical settings – a national sports council treating elite athletes including world champions and Olympians, as well as physiotherapist at National and International sporting events; private physiotherapy clinics; a chronic pain centre; private and NHS hospitals; and in occupational health treating NHS staff for local Primary Care Trusts
- University Lecturer at the University of Southampton (1995 to 2009) and taught musculoskeletal assessment and treatment skills to undergraduates and specialised clinical skills to qualified physiotherapists
- Worked in Occupational Health for local NHS Trust (2003 to 2015)

Qualifications & recognition

- Advanced clinical qualification in treating the muscles, joints and nerves in the spine and limbs. Post Graduate Diploma in Manipulative Therapy from Curtin University, Western Australia
- PhD qualification in Physiotherapy from King's College London. PhD thesis investigated the awareness of posture and movement in people with and without low back pain
- Specialist research Master's qualification in musculoskeletal physiotherapy from Curtin University, Western Australia. MSc Research thesis investigated a comparison of manual diagnosis with a diagnosis established by a uni-level lumbar spinal block procedure
- Member of the Musculoskeletal Association of Chartered Physiotherapists (MMACP) in recognition of achieving a standard of excellence in the management of musculoskeletal conditions
- Has received prestigious research grants and presented and published research nationally and internationally
- Visiting Fellow at the University of Southampton (2015 to 2018)

NIHR Themed Review Publication:

Phillips D, Lamont T, Tinati T (2018). Moving Forward: Physiotherapy for Musculoskeletal Health and Wellbeing. National Institute for Health Research, Dissemination Centre, p1-63 <https://www.dc.nihr.ac.uk/themed-reviews/research-into-physiotherapy-for-musculoskeletal-conditions.htm>

Journal papers - peer reviewed academic journals:

Phillips DR, Barnard S, Mullee MA, Hurley MV (2009). Simple anatomical information improves the accuracy of locating specific spinous processes during manual examination of the low back. *Manual Therapy*, 14(3) p346-350

Cowell IM, Phillips DR (2002). Effectiveness of manipulative physiotherapy for the treatment of a neurogenic cervicobrachial pain syndrome: A single case study - experimental design. *Manual Therapy*, 7(1) p31-38

Phillips DR, Twomey LT (1996). A comparison of manual diagnosis with a diagnosis established by a uni-level lumbar anaesthetic block procedure. *Manual Therapy*, 1(2), p82-87

Langridge JC, Phillips DR (1988). Group hydrotherapy exercises for chronic back pain sufferers: Introduction and monitoring, *Physiotherapy*, 74(6), p269-273

Conference contributions – peer reviewed academic journals:

Phillips DR, Hurley MV, Mullee M (2005). Discrimination of the neutral low back sitting posture in people with and without low back pain, before and after a shift of work. BSR Annual Meeting and BHPR Spring Meeting, April 2005, *Rheumatology*, 44 (Supplement 1), pi159

Phillips DR, Hurley MV, Davey CA, Mullee M (2004). Proprioceptive acuity of the lumbar spine in low back pain and non-low back pain subjects. BSR XXIst AGM and BHPR Spring Meeting, April 2004, *Rheumatology*, 43 (Supplement 2), pii151

Artz NJ, Phillips DR, Davey CA, Hurley MV (2003). Proprioception of the cervical spine in subjects with and without a history of neck pain. BSR XXth AGM and BHPR Spring Meeting, April 2003, *Rheumatology*, 42 (Abstract Supplement 1), p146

Significant research grants:

2005. BUPA Foundation. Early physiotherapy for acute LBP in a working population, awarded £34,232

2005. PPEF. Is position sense during mid-range lumbo-pelvic movement altered in patients with chronic LBP? £13,835

2001-2003. Arthritis Research Campaign. Spinal proprioceptive acuity in subjects with and without chronic LBP in sedentary, driving and manual occupations, £91,152

1999. University of Southampton, £1,500

1995. Robert Williams International Award, Chartered Society of Physiotherapy, £1,200

1992-1994. Overseas Postgrad. Research Scholarship, Australian Government, £14,000

Venue

The venue for each course is the recently built scout hut, which is at the end of Wellands Road, Lyndhurst SO43 7AD. It has a large activity area with wooden flooring where the practical skills will take place, a lecture room, kitchen, toilets, grassed outside area at the back and car parking available on-site.



Where to stay in Lyndhurst

Here is the [local New Forest website](#) with information on staying in the local area. The venue for the course is Wellands Road which is very central to the Village High Street. It is the next Road on the North Side which runs parallel to the High Street. You turn into Wellands Road from the Romsey Road (A337) and the venue is at the end of this road. Some local B&Bs in walking distance within minutes

www.pennyfarthinghotel.co.uk

littlehayesguesthouse.co.uk

www.chefandbrewer.com/pub/white-rabbit-lyndhurst/m8386/

www.smoothhound.co.uk/hotels/laur.html (Wellands Rd)

Closest camp sites:

Ashurst camp site (open approx. mid-March to end-Sept)

www.campingintheforest.co.uk/england/new-forest/ashurst-campsite

Hollands Wood in Brockenhurst (open approx. mid-March to end-Sept)

www.campingintheforest.co.uk/england/new-forest/hollands-wood-campsite

Campsite that stays opens longer during the year:

Holmsley on A35 towards Christchurch (open approx. mid-March to end-Oct)

<http://www.campingintheforest.co.uk/england/new-forest/holmsley-campsite>

Cancellation policy for courses

Cancellation greater than:

- 6 weeks of the course date will produce a full refund, less a 10% administration fee.

Cancellation:

- 4-6 weeks of the course date will produce a 75% refund.
- 2-4 weeks of the course date will produce a 50% refund.
- within 2 weeks of the course date will produce no refund.

A participant is free to find an alternative person to take their place and can arrange to receive the full course fee directly from them, with no involvement of the course co-ordinator. No administration fee will be charged if the original participant finds a new participant to take their place.

If the course co-ordinator is able to find a person to take their place, a full refund will be given to the person who cancelled (regardless of when they cancelled), less a 10% administration fee.

Cancellation with short notice has implications in that it can deprive others of a place. Also, as there are only a maximum of 10 participants on a course, it can be the difference between a course being viable or non-viable.

A place is not confirmed until payment is received in full.

The course co-ordinator reserves the right to change venue, cancel or reschedule a course at any time. If the course is cancelled, course fees will be fully refunded to the participant. If the course is rescheduled to another date, the participant can choose to attend the rescheduled course, or receive a full refund if they are unable to attend on the new course date. The course co-ordinator is not responsible for travel, accommodation or other expenses incurred if the course is cancelled, rescheduled or the venue changed.

Participants may want to consider paying for any expenses (train travel, accommodation) at the time of attending the course rather than in advance, in case of their need to cancel, or the course itself being cancelled (or rescheduled).