Would your department, clinic, club or university be interested in hosting Evidence Based CPD Courses or Evening Lectures in 2017?

If so, please get in touch as we are constantly adding Courses & Lectures throughout the year.

Tel: 01202 568898
Email: info@heseminars.com
www.heseminars.com
Continuing Professional Development courses
for Physios, Osteos, Chiros & Sports Rehab Professionals

| Acupuncture | Kam-Wah Mak BSc, Dip Ac, Cert. Ed. MCs |
| ACL Rehabilitation Update | Dr Lee Herrington PhD, MSc, MCSP, SRP, CSACS |
| Anterior Knee Pain: Differential Diagnosis & Treatment | Dr Lee Herrington PhD, MSc, MCSP, SRP, CSACS |
| Athletic Screening & Exercise Prescription | Simon Noad MSc PGDip BSc (Hons) MCSP MMACP |
| 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 MCACP MSc (Manip Ther) MCSP & Mr Matthew Low MSc BSc (Hons) MCACP |
| Combined Approach to the Sacro Iliac Joint | Howard Turner BSc BAppSc MCSP |
| Combined Movements: Mobilisation (IV+) & Manipulation (IV-) | Dr Chris McCarthy PhD, FCACP, FCSP |
| Delivering a competent Display Screen Equipment assessment & report | Stuart Nottingham MCSP SRP Registered occupational health chartered physiotherapist |
| Dizziness - Vestibular Assessment, Treatment & Rehabilitation: level 1 & level 2 | Alan Sealy BSc (Hons), Grad Dip Manipulative Physiotherapy |
| Dynamic Taping | Ryan Kendrick Specialist Musculoskeletal Physiotherapist, Developer of Dynamic Tape |
| Ed Wilson’s Myofascial Trigger Points course | Ed Wilson BA (Hons) MCSP, HPC Registered, MCTA, CMP |
| Examination of the Active Foot & Ankle | Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC |
| Immediate Care in Sport & Exercise Medicine (intermediate level) | Tony Bennison specialist sports first aid trainer |
| Introduction to Paediatric & Adolescent Musculoskeletal disorders | Thomas Quantrell MCSP MSc |
| Know Pain a practical guide for therapeutic neuroscience education | Mike Stewart MCSP |
| Management of the Athlete: Lower Quadrant | Dr. Jared Vagy PT, DPT, OCS, CSACS |
| Modern Exercise Prescription for Therapists | Nick Grantham MSc, CSACS, ASCC Performance Enhancement Specialist |
| Muscle Energy Techniques: Lumbar Spine & Pelvis and Thoracic Spine & Ribs | Jay Cookson MCSP MMACP |
| Mulligan Concept: Nags & Snags | Ed Wilson BA (Hons) MCSP, HPC Registered, MCTA, CMP |
| Paediatric Orthopaedic workshop | Peter Beirne Grad Dip Phys MCSP |
| Paediatric Respiratory workshop | Paul Ritson Grad Dip Phys MCSP |
| Practical Podiatric Biomechanics | Paul Harradine MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist |
| Respiratory Care Update & Advanced Respiratory Care | Matthew Quint MCSP MPhil Mary-Aann Broad MCSP |
| Running Repairs - getting runners back on track | Tom Goom MCSP |
| Spinal Manipulation: Facilitating Rehabilitation | Dr Neil Langridge DClinP MCACP MSc (Manip Ther) MCSP |
| Sporting Hip & Groin | James Moore M.Phy (Manip), BSc (Hons) MCSP, CSCS |
| Sport & Exercise First Aid (introductory level) | Tony Bennison specialist sports first aid trainer |
| Sports Injuries: an essential guide to aetiology, assessment & treatment | Dr Ian Horsley PhD MSc MCSP MMACP CSACS Regional Lead Physiotherapist & NW Technical Lead - English Institute of Sport |
| Sports Massage Masterclass | Julian Berriman BSc (Hons) Ost |
| Sporting Hand, Wrist & Elbow | Ian Gatt MSc OMT MAACP MCSP BSc(Hons) Lead Physio - GB Boxing |
| Tendinopathies Masterclass | Prof Jill Cook PhD & Dr Jeremy Lewis PhD. FCSP |
| The Athletic Shoulder: Specific rehabilitation strategies | Dr Ian Horsley PhD MSc MCSP MMACP CSACS and Ben Ashworth MSc BSc (Hons) MCSP |
| The Neck: Clinical Rehabilitation | Chris Worsfold MSc PGDipManPhys MCSP MMACP |
| The Shoulder, Theory & Practice (11th edition) | Dr Jeremy Lewis PhD. FCSP |
| The Sporting Spine | Jay Cookson MCSP MMACP |
| Unravelling Strength & Conditioning for Therapists | Andrew McCauley MSc BSc CSACS HPC MCSP |

Continuing Professional Development courses for Physios, Osteos, Chiros & Sports Rehab Professionals

| Acupuncture | Kam-Wah Mak BSc, Dip Ac, Cert. Ed. MCs |
| ACL Rehabilitation Update | Dr Lee Herrington PhD, MSc, MCSP, SRP, CSACS |
| Anterior Knee Pain: Differential Diagnosis & Treatment | Dr Lee Herrington PhD, MSc, MCSP, SRP, CSACS |
| Athletic Screening & Exercise Prescription | Simon Noad MSc PGDip BSc (Hons) MCSP MMACP |
| 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 MCACP MSc (Manip Ther) MCSP & Mr Matthew Low MSc BSc (Hons) MCACP |
| Combined Approach to the Sacro Iliac Joint | Howard Turner BSc BAppSc MCSP |
| Combined Movements: Mobilisation (IV+) & Manipulation (IV-) | Dr Chris McCarthy PhD, FCACP, FCSP |
| Delivering a competent Display Screen Equipment assessment & report | Stuart Nottingham MCSP SRP Registered occupational health chartered physiotherapist |
| Dizziness - Vestibular Assessment, Treatment & Rehabilitation: level 1 & level 2 | Alan Sealy BSc (Hons), Grad Dip Manipulative Physiotherapy |
| Dynamic Taping | Ryan Kendrick Specialist Musculoskeletal Physiotherapist, Developer of Dynamic Tape |
| Ed Wilson’s Myofascial Trigger Points course | Ed Wilson BA (Hons) MCSP, HPC Registered, MCTA, CMP |
| Examination of the Active Foot & Ankle | Fraser McKinney MSc MCSP 1st Team Physiotherapist - West Bromwich Albion FC |
| Immediate Care in Sport & Exercise Medicine (intermediate level) | Tony Bennison specialist sports first aid trainer |
| Introduction to Paediatric & Adolescent Musculoskeletal disorders | Thomas Quantrell MCSP MSc |
| Know Pain a practical guide for therapeutic neuroscience education | Mike Stewart MCSP |
| Management of the Athlete: Lower Quadrant | Dr. Jared Vagy PT, DPT, OCS, CSACS |
| Modern Exercise Prescription for Therapists | Nick Grantham MSc, CSACS, ASCC Performance Enhancement Specialist |
| Muscle Energy Techniques: Lumbar Spine & Pelvis and Thoracic Spine & Ribs | Jay Cookson MCSP MMACP |
| Mulligan Concept: Nags & Snags | Ed Wilson BA (Hons) MCSP, HPC Registered, MCTA, CMP |
| Paediatric Orthopaedic workshop | Peter Beirne Grad Dip Phys MCSP |
| Paediatric Respiratory workshop | Paul Ritson Grad Dip Phys MCSP |
| Practical Podiatric Biomechanics | Paul Harradine MSc, BSc (Hons), SRCh, Cert Ed, Podiatrist |
| Respiratory Care Update & Advanced Respiratory Care | Matthew Quint MCSP MPhil Mary-Aann Broad MCSP |
| Running Repairs - getting runners back on track | Tom Goom MCSP |
| Spinal Manipulation: Facilitating Rehabilitation | Dr Neil Langridge DClinP MCACP MSc (Manip Ther) MCSP |
| Sporting Hip & Groin | James Moore M.Phy (Manip), BSc (Hons) MCSP, CSCS |
| Sport & Exercise First Aid (introductory level) | Tony Bennison specialist sports first aid trainer |
| Sports Injuries: an essential guide to aetiology, assessment & treatment | Dr Ian Horsley PhD MSc MCSP MMACP CSACS Regional Lead Physiotherapist & NW Technical Lead - English Institute of Sport |
| Sports Massage Masterclass | Julian Berriman BSc (Hons) Ost |
| Sporting Hand, Wrist & Elbow | Ian Gatt MSc OMT MAACP MCSP BSc(Hons) Lead Physio - GB Boxing |
| Tendinopathies Masterclass | Prof Jill Cook PhD & Dr Jeremy Lewis PhD. FCSP |
| The Athletic Shoulder: Specific rehabilitation strategies | Dr Ian Horsley PhD MSc MCSP MMACP CSACS and Ben Ashworth MSc BSc (Hons) MCSP |
| The Neck: Clinical Rehabilitation | Chris Worsfold MSc PGDipManPhys MCSP MMACP |
| The Shoulder, Theory & Practice (11th edition) | Dr Jeremy Lewis PhD. FCSP |
| The Sporting Spine | Jay Cookson MCSP MMACP |
| Unravelling Strength & Conditioning for Therapists | Andrew McCauley MSc BSc CSACS HPC MCSP |
Anterior Cruciate Ligament: Rehabilitation Update

Dr Lee Herrington - PhD, MSc, MCSP, CSCS

February 5th - London  May 21st - Loughborough
March 12th - Manchester  June 18th - London
April 23rd - Coventry  October 1st - Cambridge
November 19th - Sutton Coldfield, West Midlands

Presenter
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
Injury to the Anterior Cruciate ligament is a significantly disabling problem for the professional sportsperson 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 reconstructed 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).

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
Anterior Knee Pain
Differential Diagnosis & Treatment

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

February 4th - London          May 20th - Loughborough
March 11th - Manchester        June 17th - London
April 22nd - Coventry          September 30th - Cambridge
November 18th - Sutton Coldfield, West Midlands

Presenter
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
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

<table>
<thead>
<tr>
<th>AM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior knee pain differential diagnosis</td>
<td>Treatment of patellofemoral pain, patella tendonosis and fat pad syndrome.</td>
</tr>
<tr>
<td>• Distinguishing the features of patellofemoral pain syndrome, patella tendonosis, iliotibial band friction syndrome, plica syndrome, fat pad syndrome, traction apophysitis and local nerve entrapment</td>
<td>Incorporating the use of:</td>
</tr>
<tr>
<td>Assessment of anterior knee pain</td>
<td></td>
</tr>
<tr>
<td>• Incorporating: motion control testing, passive joint tests, muscle length tests and neurodynamic testing</td>
<td>• exercise rehabilitation strategies</td>
</tr>
<tr>
<td></td>
<td>• joint mobilisations</td>
</tr>
<tr>
<td></td>
<td>• soft tissue stretching</td>
</tr>
<tr>
<td></td>
<td>• taping</td>
</tr>
</tbody>
</table>

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

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
Athletic Screening &
Exercise Prescription

Simon Noad MSc PGDip BSc (Hons) MCSP MMACP

April 22nd - Manchester

Tutor
Simon is currently employed as Head of Academy Science & Medicine at West Bromwich Albion FC where he manages an extensive team tasked with developing athletes who can meet and surpass the demands of the premier league. He has acquired experience across a variety of sports whilst continuing to work with clients of all ages and professions. Simon has lectured on MSc and BSc programmes, presented external CPD events and delivered teaching seminars to a range of therapists. 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).

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Cervical Spine: Risk Assessment & Rehabilitation for Clinicians

Roger Kerry MSc FMACP MCSP & Alan Taylor MSc MLACP MCSP

February 15th - Nottingham (Notts County FC)

Course Description
This is a case study based masterclass on complex differential diagnosis of people with cervical spine dysfunction. Knowledge and practice about Cervical Arterial Dysfunction (CAD) will form a key focus of the day. Differential diagnosis of people with chronic and complex presentations will contextualise this knowledge.

The course draws together evidence over the last decade regarding adverse events (prevalence and incidence data) relating to patients with cervical spine dysfunction together with laboratory and clinical data regarding the patho-mechanics of arterial dysfunction, and the presenting features in people with cervical spine dysfunction. Clinical reasoning models supported by clinical practice and psychology studies will be utilised as frameworks for decision-making. Furthermore, recent clinical studies and clinical trials regarding assessment and rehabilitation of people with cervical spine trauma (e.g. whiplash) will be used as a basis for structuring the clinician’s thought process.

This course may be facilitated by one or both of these speakers.

Learning Outcomes
- Demonstrate knowledge and assessment skills for the differential diagnosis of people with cervical arterial dysfunction
- Demonstrate knowledge and assessment skills for the differential diagnosis of people with other complex cervical spine presentations
- Demonstrate knowledge and confidence in decision-making regarding people with true “red flag” presentations, and those with treatable dysfunction
- Understand what constitutes ‘safe’ techniques in ‘risky but treatable’ patients.

Tutors
Roger Kerry is Associate Professor at the Division of Physiotherapy Education, University of Nottingham. 10 years teaching on undergraduate and postgraduate Physiotherapy / Manual Therapy programmes; 10 years of postgraduate clinical courses for Altered Haemodynamics and Manual Therapy, Vertebrobasilar Insufficiency, Cervical Arterial Dysfunction (CAD), Clinical Reasoning. Presented at 25+ international conferences since 2002, primarily on Cervical Arterial Dysfunction and Clinical Reasoning. 19 peer-reviewed articles (primarily CAD / haemodynamics); 6 book chapters (Haemodynamics / CAD / Clinical Reasoning / Manual Therapy). Primary research in haemodynamics and manual therapy; literature review programmes in CAD; doctoral programme in philosophy of science (causation in evidence-based physiotherapy). Working party member of IFOMPT Standards for CAD 2007-2012. 15 years of clinical experience, specialising in patients with complex head and neck complaints.

Alan Taylor is a Lecturer at the Division of Physiotherapy Education, University of Nottingham, Associate Lecturer at Manchester Metropolitan University, Visiting Lecturer at numerous other institutions. 15 years of teaching postgraduate clinical courses for Altered Haemodynamics and Manual Therapy, Vertebrobasilar Insufficiency, Cervical Arterial Dysfunction (CAD), and Sports Medicine; - all topics related to altered haemodynamics and clinical reasoning. Devised and taught over 100 one-day and two-day courses in these areas. Presented as guest speaker at numerous courses and conferences in the UK and Worldwide since 2002. Works as expert witness in the field of medical negligence related to altered haemodynamics and CAD. Author of over 15 peer-reviewed articles (primarily CAD / haemodynamics/Sports injury); 2 book chapters (Haemodynamics / CAD / Clinical Reasoning / Manual Therapy). Primary research in haemodynamics and sports medicine; Member of literature review programme in CAD commissioned by the MACP. 25 plus years of clinical practice, specialising in patients with complex head and neck complaints.

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
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

February 18th/19th - London
March 25th/26th - Manchester
June 17th/18th - Harrogate
September 9th/10th - Lymington, Hampshire

Tutors
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.

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).

www.heseminars.com       Tel: 01202 568898        email: info@heseminars.com
### Course Timetable

<table>
<thead>
<tr>
<th>Day One</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>09.00</strong> Introduction to the course</td>
</tr>
<tr>
<td><strong>9.15 - 10.00</strong> Clinical Reasoning in the Lumbar spine (Lecture)</td>
</tr>
<tr>
<td><strong>10.00 - 10.45</strong> Treatment selections – A rationale (Lecture)</td>
</tr>
<tr>
<td><strong>10.45 - 11.00</strong> Tea &amp; Coffee</td>
</tr>
<tr>
<td><strong>11.00 - 11.45</strong> Patient selection – Group work Case Study 1</td>
</tr>
<tr>
<td><strong>11.45 - 12.30</strong> Case Study 2</td>
</tr>
<tr>
<td><strong>12.30 - 1.15</strong> Lunch</td>
</tr>
<tr>
<td><strong>1.15 - 3.00</strong> Lumbar Spine pain/movement exploratory techniques</td>
</tr>
<tr>
<td><strong>3.00 - 3.15</strong> Tea &amp; Coffee</td>
</tr>
<tr>
<td><strong>3.15 - 4.00</strong> Passive pain/movement modulatory techniques Lumbar spine</td>
</tr>
<tr>
<td><strong>4.00 - 4.45</strong> The context of Safety/Pathology in the assessment of spinal pain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day Two</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9.00 - 10.00</strong> What is Motor Control? Implications to clinical practice (Lecture)</td>
</tr>
<tr>
<td><strong>10.00 - 11.00</strong> Changing Movement Behaviours (Lecture)</td>
</tr>
<tr>
<td><strong>11.00 - 11.15</strong> Tea &amp; Coffee</td>
</tr>
<tr>
<td><strong>11.15 - 12.30</strong> Case Studies 3 and 4</td>
</tr>
<tr>
<td><strong>12.30 - 1.15</strong> Lunch</td>
</tr>
<tr>
<td><strong>1.15 - 3.15</strong> Analysis of movement behaviour and relevance in clinical practice</td>
</tr>
<tr>
<td><strong>3.15 - 3.30</strong> Tea &amp; Coffee</td>
</tr>
<tr>
<td><strong>3.30 - 4.45</strong> Functional Re-training</td>
</tr>
</tbody>
</table>
Combined Approach to the Sacroiliac Joint

Howard Turner BSc BAppSc MCSP

February 18th/19th - Leicester
March 11th/12th - Hemel Hempstead
April 29th/30th - available to host

May 27th/28th - London
June 17th/18th - Wirral, Merseyside
October 7th/8th - Manchester

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

<table>
<thead>
<tr>
<th>Day 1 (09.00 - 17.00hrs)</th>
<th>Day 2 (09.00 - 16.00hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction/Applied anatomy &amp; biomechanics of the pelvis and pelvic girdle dysfunction</td>
<td>The biomechanics of pelvic stability and pelvic rehabilitation</td>
</tr>
<tr>
<td>Utilising leg length discrepancy to assess the pelvis</td>
<td>Functional assessments of stability</td>
</tr>
<tr>
<td>Utilising leg length discrepancy to treat the pelvis</td>
<td>Assessing intra-articular SIJ dysfunction</td>
</tr>
<tr>
<td>Assessing myofascial disorders of the pelvis – a modified osteopathic model</td>
<td>Passive movement assessment of the SIJ and interpretation</td>
</tr>
<tr>
<td>Treatment of myofascial presentations</td>
<td>Treatment of intra-articular SIJ dysfunction</td>
</tr>
<tr>
<td>‘Piriformis syndrome’ – a demonstration of useful positional release and taping techniques to complement rehabilitation strategies</td>
<td>Specific tests of SIJ stability and accelerated rehab</td>
</tr>
<tr>
<td></td>
<td>Conclusions and Questions</td>
</tr>
</tbody>
</table>

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

www.heseminars.com  Tel: 01202 568898  email: info@heseminars.com
Combined Movements
Mobilisation (IV+) and Manipulation (IV-)
Cervical Spine, Thoracic Spine, Lumbar Spine and upper Cx / Headaches courses
Dr Chris McCarthy PhD, FCSP, FMACP

These courses are only open to Members of the Chartered Society of Physiotherapy

Presenter
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 lead, 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 textbook encouraging the integration of mobilisation and manipulative techniques using Dr Brian Edward's combined movements principles. He instigated 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 Musculoskeletal Association and Chartered Society of Physiotherapists for advances in Manual Therapy.

Course Description
Spinal manipulative thrust technique (SMTT) has been used by physiotherapists and other manual therapy professions for many years (1). Seminal authors in the field of musculoskeletal therapy including Cyriax, Grieve and Maitland have described spinal manipulative thrusts and recommended their consideration in the management of spinal dysfunction. At post-graduate level SMTT continues to be requested and taught and there appears to be no decline in the popularity of these techniques despite the scarcity of evidence to support their continued use. Passive movement of the vertebral column is used commonly in the management of spinal dysfunction. One of the most popular paradigms of passive movement treatment in spinal dysfunction is the Maitland Concept and the corollary of this, Combined Movement Theory (CMT). The aims of this course are to introduce the fundamental similarities in approach between SMTT and CMT and introduce a process of SMTT selection based upon CMT. It is envisaged that adopting this rational of SMTT selection will provide the participant with a method of applying SMTT that integrates the two concepts.

Aims of the Course
• **An Exploration of the Combined Movement Approach:**
  This course aims to provide participants with an opportunity to explore the treatment of spinal dysfunction using the Combined movement concept of treatment advocated by Brian Edwards. This concept offers participants a rational way to select patient presentations suited to this method of treatment and a clinically reasonable way of incorporating manipulative thrust and end of range mobilization techniques into a passive movement treatment approach. The philosophy of the course is to facilitate the learning of participants by encouraging self directed exploration of the issues and avoidance of a didactic teaching style.

• **Selection of Type and Position of Treatment:**
  This course does not set out to provide participants with a handful of manipulative thrust techniques rather encourages participants to develop skills in the selection of mobilisation and manipulation techniques in the appropriate clinical scenarios. An important tenant of this course is the emphasis on CMT being a component of a holistic approach to spinal dysfunction and not that this approach is the panacea to all spinal pain.

• **The Development of Practical Handling Ability:**
  The course contains a large component of practical skill development however this element is grounded in the theoretical background of analytical assessment, validity of technique and risk /benefit. Before participants begin palpating the rational behind techniques are discussed.

• **Development of Clinical Reasoning Skills:**
  Participants may not have successfully performed a manipulative thrust at the end of the course, but will know when, where and how to achieve it. More importantly they will know why they would consider this approach and what they should expect from it.

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Learning Outcomes of the Course
On completion of the four, one-day courses (Cx, Tx, Lx and upper Cx/Headaches) participants will be able to;

- Clinically reason what patient presentation type should be suited to the CMT approach.
- Have developed the skills to determine primary movement patterns suggesting source structures and corresponding starting positions for treatment.
- Developed skill in palpating the cervical spine anteriorly, and the rest of the spine posteriorly. The participant will be able to palpate muscle spasm and passive joint restriction.
- Clinically reason the decision of when to mobilise and when to manipulate a spinal joint. Appreciate the complexities of the issues surrounding pre-manipulative screening and the risk/benefits of end of range mobilisation and SMTT’s.
- Appreciate the evidence base behind mobilisation and manipulation in the treatment of spinal dysfunction.
- Clinically reason progression and regression of treatment and be conversant with the notation of treatment.

Structure of The Course With Examples Of Teaching Strategies

- **Introduction to CMT and SMTT (Lecture format)***
The course begins with a formal lecture encouraging interactive discussion regarding the effects, effectiveness and applicability of SMTT. The lecture introduces the evidence on effectiveness of SMTT in light of the evidence of it's effects. This approach allows participants to interpret the strengths and weaknesses of the available literature in the filed. During this lecture the importance of developing palpatory skill is highlighted and discussion of the issues encouraged.

- **Introduction to Examination Principles.***
Participants are given a case presentation and interactively develop an approach to examination. Basing the practical examination on a clinical presentation facilitates the reasoning behind the structure of the differential examination and emphasizes the flexibility of the approach. Practical techniques that will be explored will include, Anterior palpation of the cervical spine with discussion of the applied anatomy. Combined PPIVM’s and PAIVMS and discussion of the validity of the appreciation of "end feel".

- **The progressive development of combined starting positions.***
Participants will be guided through a process of developing skill in appreciating the feel of progressively more combined and complex starting positions for treatment. An understanding of the underlying structures being placed under tension will be emphasized throughout this process.

- **Development of the ability to judge the suitability of manipulation.***
The strongest indicator for whether a manipulative or mobilisation technique is utilized is the quality of the "end feel". Participants will be able to make a confident assessment of this before the end of the course. Prior to SMTT’s the risk / benefit and VBI issues are discussed. This lecture (at the start of the afternoon) encourages an open debate regarding the risks and benefits of SMTT in the cervical spine and covers the issues of VBI testing, guidelines and contraindications. Participants will be given case study clinical presentations and asked to discuss there views on suitability for SMTT / end of range mobilisation.

- **End of range mobilisation / SMTT techniques***
Having developed confidence in being able to identify whether a joint is “suitable” for a SMTT participants are encouraged to work with their models to identify levels that may be manipulated. Agreement between the models and operators is encouraged throughout this process. Prior to SMTT techniques models are screened for potential VBI and a process of consent is established. SMTT’s will only be conducted under the agreement of both operator and model that the joint feels suitably positioned to thrust and that the technique will only be conducted under the supervision of the tutor. Post SMTT the reassessment of the joint’s end feel and change in local paraspinal muscle tone is emphasized. Participants will be able to feel the immediate changes that are produced by the technique and thus will develop a better understanding of when these changes are indicated.

- **Discussion of the reasoning behind starting positions and the progression and regression of treatment.***
Participants are presented with case presentations and in small groups reason the starting positions for treatment and the progression and regression of a treatment programme. Included in this are discussions on home exercise procedures.

- **Summative discussion collating / reiterating and synthesizing what has been covered in the weekend.***
Group discussion is encouraged to ensure that the key themes of the course are reiterated and that participants feel confident to utilise the principles of the CMT approach into their clinical practice.
Combined Movements
Mobilisation (IV+) and Manipulation (IV-)

2017 Course Dates & Venues to be announced
Delivering a competent Display Screen Equipment assessment & report

Stuart Nottingham MCSP SRP
Registered occupational health chartered physiotherapist

April 8th 2017 - Birmingham (B9 4AA)

Tutor
Stuart Nottingham is a Registered Occupational Health Chartered Physiotherapist. He graduated from the Oswestry and North Staffordshire School of Physiotherapy in 1985. After 5 years in the NHS he spent 10 years as Chief Physiotherapist at Warwickshire County Cricket Club, as well as heading the service at Moseley Football Club (Rugby Union) for 5 years and has served time with the Benetton Formula One Racing Team, and the senior England A rugby team. Whilst working with sport Stuart developed the idea of using rehabilitation techniques within professional sport in the workplace for the everyday man, and in 2000 committed to this path. Over the last 16 years the business has developed and now delivers cutting-edge occupational health services to companies throughout the UK and Ireland. As part of his role of Director of Sun Rehabilitation he has a particular interest in the expanding field of office ergonomics and in developing active working strategies for sedentary employees. He has over the last 16 years has performed hundreds of DSE risk assessments, and peer reviews a similar number every year. Stuart works as a consultant for major office furniture brands within the UK. He is at the forefront of integrating DSE risk assessments with the health and well-being agenda to promote safer healthier and more productive working environment for all sedentary workers, using evidence-based concepts and technology that have been primarily developed in the USA and Europe.

The course that Stuart presents encompasses all the knowledge that is required to successfully perform a DSE risk assessment, but also to bring awareness of the variety of product that is on the market and provide an insight into the change that that is required in every office workplace in the UK to improve the health of the population.

Stuart believes that Physiotherapists have fantastic opportunity at present to be at the forefront of delivering the high quality independent DSE assessments that the marketplace is currently demanding and finding it difficult to source.

Aim of the DSE training program
To provide a comprehensive training program of self-learning and guided learning which ensures that practitioners who complete the course are competent to independently complete a DSE assessment and deliver a soundly reasoned report.

Learning outcome
For all participants to complete the course with sufficient knowledge to be able to complete a competent DSE assessment, and deliver a robust report that withstands scrutiny.

Format of the course - see over for full details

Fee: £130 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual with extensive references and CPD certificate of attendance - 7.5hrs).
Delivering a competent Display Screen Equipment assessment & report

Format of the course

1. **Pre-course material to be submitted before the course**
   Reading of the HSE DSE regulations, and answer a quiz on the salient points in the document.
   Perform a Self DSE assessment (HSE format) on their own work station and submit a photo of themselves at the workstation. The HSE format is a self-assessment tool that is designed to be used by the general public without specific training.

2. **Training day** (09:00 – 17:00hrs)
   We have a sponsor for our courses who provides furniture and toys (keyboards mouse etc), to play with, along with insights into the furniture industry during the day.
   1. Review of the regulations and issues that arise from them.
   2. Discuss “Are the Regulations fit for purpose?”
   4. Review of selected participants self DSE assessments identifying areas of good practice and concern using photos provided.
   5. Practical DSE skills, and give an outline knowledge of products in the market place. Dispel the idea that all chairs are the same. Look at value for money in the equipment as well as function.
   7. How to write a report.

3. **Post Course**
   Prepare a DSE assessment and report identifying the functional needs of the employee that is reasoned and reasonable in its recommendations.
“Dizziness” - level 1
Vestibular Assessment, Treatment & Rehabilitation

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

February 4th - Salford, Manchester
May 6th - London

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 'Balanseklinikken', 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).

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
<table>
<thead>
<tr>
<th>Time</th>
<th>Theory</th>
<th>Practical</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00</td>
<td>Introductions – course aims&lt;br&gt;What is vertigo?&lt;br&gt;Background / scale of problem</td>
<td>Anatomy &amp; physiology of vestibular system</td>
</tr>
<tr>
<td>10.30</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td>10.45</td>
<td>Common Vestibular pathologies (BPPV, neuritis, menieres)&lt;br&gt;Vestibular Assessment (history, P/E, functional balance testing, ophthalmology, vestibular tests, posturography, VNS)</td>
<td>Practical vestibular Assessment (1)&lt;br&gt;Basic Opthalmology&lt;br&gt;Functional&lt;br&gt;Head impulse&lt;br&gt;Head shake&lt;br&gt;Nystagmus video examples</td>
</tr>
<tr>
<td>12.45</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Summary of AM&lt;br&gt;Practical Vestibular Assessment (2)&lt;br&gt;Dix-Hallpike positional test;&lt;br&gt;Epley particle repositioning manoeuvres</td>
<td>Vestibular rehabilitation exercise programmes</td>
</tr>
<tr>
<td>15.30</td>
<td>Coffee</td>
<td>Coffee</td>
</tr>
<tr>
<td>15.45</td>
<td>Cervical vertigo, a form of ‘compensated vertigo’?&lt;br&gt;• Cervical proprioceptive / ischaemic vertigo</td>
<td>Differentiation tests groupwork</td>
</tr>
<tr>
<td>16.15</td>
<td>Application of rehabilitation principals&lt;br&gt;Problem solving / Clinical reasoning approach using case studies</td>
<td>Summary (10mins)</td>
</tr>
<tr>
<td>17.00</td>
<td>Close</td>
<td></td>
</tr>
</tbody>
</table>
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 Occular 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

May 7th - London

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 ‘Balanseklinikken’, 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).

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
<table>
<thead>
<tr>
<th>Time</th>
<th>Theory</th>
<th>Practical</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00</td>
<td>Introductions – course aims</td>
<td>The physiology of balance</td>
</tr>
<tr>
<td></td>
<td>The background to falls &amp; balance disorders</td>
<td></td>
</tr>
<tr>
<td>10.30</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td>10.45</td>
<td>Neural pathways involved in Vestibular disorders</td>
<td>Practical vestibular Assessment (1)</td>
</tr>
<tr>
<td></td>
<td>• Posterior, lateral &amp; anterior BPPV canaliathis &amp; cupuloliathis</td>
<td>Cranial nerve testing</td>
</tr>
<tr>
<td></td>
<td>• Vestibular asymetry</td>
<td>Tilts &amp; ocular muscle tests</td>
</tr>
<tr>
<td></td>
<td>• Central vestibular / cerebellar disorders</td>
<td>Dynamic Visual Accuity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rotating Chair</td>
</tr>
<tr>
<td></td>
<td>Nystagmus &amp; eye movement neurology</td>
<td>‘Head Thrust’ Impulse test</td>
</tr>
<tr>
<td></td>
<td></td>
<td>‘Head shake’ test</td>
</tr>
<tr>
<td></td>
<td>Vestibular Assessment – beyond the basics</td>
<td>Practical diagnosis from Nystagmus video examples</td>
</tr>
<tr>
<td>12.45</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Summary of AM</td>
<td>Compensated vertigo</td>
</tr>
<tr>
<td></td>
<td>Practical Vestibular Assessment (2) BPPV</td>
<td>• Cervical vertigo</td>
</tr>
<tr>
<td></td>
<td>• positional tests (Dix-Hallpike, lateral, anterior canals);</td>
<td>• Visual vertigo</td>
</tr>
<tr>
<td></td>
<td>• particle repositioning manoeuvres (Epley, Semont, BBQ)</td>
<td>• Phobic postural vertigo</td>
</tr>
<tr>
<td></td>
<td>• Home treatment protocols</td>
<td>• Mal de Debarquement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ischaemic vertigo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Upper cervical instability discussion</td>
</tr>
<tr>
<td>15.15</td>
<td>Coffee</td>
<td>Coffee</td>
</tr>
<tr>
<td>15.30</td>
<td>Progressing Vestibular rehabilitation programmes</td>
<td>Differentiation tests groupwork</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation v. Treatment or both ?</td>
<td>Practise of VBI and upper cervical instability if necessary</td>
</tr>
<tr>
<td></td>
<td>Stimulating the dysfunctional side practical</td>
<td></td>
</tr>
<tr>
<td>16.15</td>
<td>Problem solving / Clinical reasoning - case studies of challenging conditions</td>
<td>Summary (10mins)</td>
</tr>
<tr>
<td>17.00</td>
<td>Close</td>
<td></td>
</tr>
</tbody>
</table>
**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 canalithiasis and cupulolithiasis 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 !**
Dynamic Taping
The Biomechanical Tape

Ryan Kendrick
Specialist Musculoskeletal Physiotherapist, Developer of Dynamic Tape

This presentation will be of particular interest to physiotherapists, osteopaths, chiros, sports therapists and sports rehab professionals

Available to host in 2017

Tutor
Ryan earned his Bachelor of Physiotherapy degree from the University of Queensland, Australia in 1994 and a Masters in Musculoskeletal Physiotherapy in 2000 under the same world renowned guidance of Gwen Jull, Carolyn Richardson, Paul Hodges and Bill Vicenzino.
Ryan has worked extensively in the area of Musculoskeletal & Sports Physiotherapy with roles including Personal Physiotherapist to former world number four, Greg Rusedski on the ATP Tennis Tour and British Davis Cup team, and Team Physiotherapist for Essex County Cricket Club.
As a Private Practitioner he has been involved in the management of European Tour Golfers and Olympic and Commonwealth Games athletes in the disciplines of swimming, rowing, archery and triathlon to name a few. Ryan has also been a clinical tutor in Musculoskeletal Physiotherapy on the Bachelor and Masters programme at Griffith University, Australia and has taught Dynamic Taping extensively throughout Australia, New Zealand, USA, Germany, UK, Sweden, Norway, Netherlands, Czech Republic, Honk Kong and Canada. Ryan is the developer of Dynamic Tape and PosturePals.

The UK workshops from 2015 have been extended from 6hrs to 8hrs as 95% of delegates who attended in 2014 said that the workshops were fantastic BUT that they wanted MORE time to cover MORE techniques

Workshop
Originally developed in Australia for athletes, sports & MSK physiotherapy it is increasingly becoming an essential tool for therapists of all disciplines.
Dynamic Taping workshops are highly practical 8 hour workshops which provide participants with a clear understanding of the major principles and equips them with a number of techniques that can be used immediately in clinical practice.
Dynamic Taping utilises a specially designed, highly elastic completely different from rigid sports tapes and kinesiology tapes including Tex Tape, Curetape and K-Active. It's unique properties and four way stretch allow for a truly biomechanical approach to taping, something that integrates well with a clinician's clinical reasoning process.
The tape is applied in a way that allows the elastic energy to mimic muscles, absorb load or to modify movement patterns. In addition to this biomechanical approach it has also proved extremely effective for lymphatic taping due to its durability, versatility and superior comfort.
Dynamic Taping can be incorporated into clinical practice immediately and is ideally suited to physiotherapists and sports rehabilitation professionals

Fee: £130 (inclusive of vat) includes handouts, light refreshments & CPD certificate (8hrs).
To register: Book online, over the phone or by post.

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
Workshop Outline

Introduction – 0.5 hours
• Aims & Objectives
• Properties of tape required for Dynamic Taping & familiarisation with tape
• Application Guidelines

Part 1. Mechanical Mechanisms – 0.5 hours
• Direct & Indirect
• Tendinopathy Model
• Mechanical changes
• Functional Implications
• Kinematics
• Continuum of tendon pathology
• Load as a driver
• Dynamic Taping Mechanical Mechanisms of Action

Part 2. Physiological Mechanisms – 0.5 hours
• Pain Physiology - a modern approach
• Manual Therapy and the pain system
• Dynamic Taping and neurophysiological mechanisms

Part 3. Common Applications – 6.5 hours
• Application Guidelines/Precautions/Contraindications
• Comparison with rigid tapes and kinesiology tapes
• Upper Limb
• Lower Limb
• Trunk
• PosturePals

Part 4. Graduation
• Course evaluation
• Science Supplement
• Certificate of Completion

Aims & Objectives

By the end of this 8 hour workshop delegates will be able to:
• identify indications and contraindications to this intervention
• be cognizant of the scientific basis of Dynamic Taping including background science (physics, biomechanics and pain physiology), and the mechanical and physiological mechanisms of action of Dynamic Taping
• identify the various stages of tendinopathy (according to Cook & Purdham, 2009)
• determine when Dynamic Taping is indicated and who will benefit
• recognise the significant difference in physical properties and methodology between Dynamic Taping, Kinesiology Taping and Rigid Sports taping and identify ways in which these can be used in combination to optimise your treatments
• safely and effectively apply a number of basic Dynamic Taping techniques
• begin to develop your own Dynamic Taping applications based on your assessment, treatment approach and the individual needs of your clients
Examination of the Active Foot & Ankle

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

Available to host in 2017

Course tutor
Fraser McKinney currently works as 1st Team Physiotherapist, Rehabilitator and Movement Specialist West Bromwich Albion Football Club in the Premiership. 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 with increasing recognition of his expertise in the specific area of the rehabilitation of the foot and ankle.

Course Outline
This intensive 2 day course is aimed at all therapy & sports rehab practitioners wanting to re-affirm clinical assessment skills and learn new concepts & treatment possibilities in relation to the foot & ankle. The course starts with a refresher of the anatomy of the foot & ankle with a bias that allows and develops into an understanding of the biomechanics, clinical reasoning behind the handling skills, assessment pathways and treatment possibilities. This broad understanding approach is integrated with existing treatment models and guided by clinical experience from top UK surgeons & diagnostic practitioners and from the tutors own clinic experience.

The course runs a strong bias towards a manual therapy approach to assessment of the region while treatment options vary from soft tissue, manual therapy, exercise therapy and discussions around alternative approaches of Neural treatment & surgical management and orthotics ‘when to prescribe & not’. Although there is a strong clinical research bias behind the teaching of this course it remains practically driven to ensure all participants feel comfortable with their handling skills and able to clinical work through a structured assessment plan built on a back bone of clinical guidelines.

The course will investigate specific injury types commonly seen in both an NHS setting and sporting environment. All participants should leave feeling more confident at understanding and assessing the foot & ankle while realising the treatment options available.

Aims & Objectives
• Understanding of foot and ankle anatomy and biomechanics
• Able to manually handle a foot & ankle with an ability to differentiate between structures
• Perform and understand the mechanism behind a clinical assessment of passive & active testing of the Foot & Ankle
• Understand the mechanism of varying injuries and subsequent subjective and objective findings
• Ability to asses and treat a varied range of ankle & foot injuries
• Realisation of the whole body effect of the ankle and subsequent risk factors
• Awareness of alternative treatment pathways

Workshop will include:
• Foot & Ankle anatomy review
• Practical - hands on review of anatomy
• Epidemiology of injury and clinical reasoning behind assessment
• Foot & ankle assessment
• Evidence of rehabilitation
• Foot & Ankle treatment (lecture & practical)
• Alternative treatment options & assessments
• Open forum for questions

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

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
Mr Mak gained his Postgraduate Diploma in Acupuncture in 1996. He was further awarded a Certificate of Education in 1996. Kam has diverse interests in clinical practice and is currently combining acupuncture and Tui Na (Chinese Medical Massage and Manipulation) with views of integrating these modalities into his mainstream physiotherapy practice. Through his busy work schedule, Kam also find time to set up Acupuncture Training Associates (ATA) in early 1997 with an experienced team of clinicians, educator and academic researchers in acupuncture.

Since 1997, ATA has run numerous courses and is at the forefront of educational and research initiatives with a long experience in the delivery of up-to-date, practical acupuncture education throughout the UK and beyond. Kam's professional interests lie mainly in the treatment of spinal pain, occupational / sports related injuries and complex soft tissue injuries. He is also fascinated with the Continuing Professional Development (CPD) and Life Long Learning (LLL) of acupuncture practitioners and musculoskeletal physiotherapists in the British Isles. Kam is also the founder members of a new acupuncture teaching group ~ Acupuncture Training Courses for Health Professional (ATCHP). This is an exciting development in acupuncture education in the UK and beyond; information on their teaching activities can be found on their website at www.atchp.org.uk

LONDON
Fri/Sat/Sun March 17th - 19th 2017 and
Fri/Sat/Sun April 21st - 23rd 2017
The Royal London Hospital, Whitechapel Road, London E1 1BB
09.00am - 16.30pm all six days

Course Objectives:
The course's aim is to introduce the safe and effective practice of acupuncture. Participants do not need any previous experience in acupuncture. By the end of the course participants will be able to:-

- Understand the principles of:
  - The safe and hygienic application of acupuncture needles
  - The methods of location and safe needling acupuncture points
  - Combinations of simple treatment regimes for common MSK disorders
  - The safety standards in acupuncture as well as its precautions and contraindications.

- Have an awareness of:
  - The different approaches to acupuncture treatment (western vs traditional Chinese acupuncture)
  - Systems such as ear acupuncture and techniques such as electroacupuncture and myofascial needling.

Open to all health professionals (HPC registered holder or equivalent) including:

- Physiotherapists
- Osteopaths
- Chiropractors
- General Practitioners
- Nurses
- Podiatrists

Preferably with a minimum of one year clinical experience.

Participants should have regular patient contacts for the purpose of course work completion

Fee: £525 (payable to Acupuncture Training Associates) - includes all course materials

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Main learning Outcomes
On successful completion of the module, the participants will be able to:-

- Demonstrate knowledge of the current theories of pain and acupuncture.
- Demonstrate knowledge of the meridians and their points.
- Demonstrate safe needling techniques, including hygiene and sterilisation practices according to health and safety regulations.
- Be aware of the contra-indications in acupuncture and the dangerous sites on the body
- Be aware of current evidence of acupuncture in support of clinical practice.
- Outline a treatment plan for a patient, where acupuncture for pain relief is indicated.
- Select and treat common musculoskeletal conditions using appropriate acupuncture points.
- Be aware of other acupuncture-related techniques employed by clinicians.

Course Specific Skills
The participants will develop skills in treating musculoskeletal conditions using dry needling techniques. Also to introduce to the participants the theory and application of trigger point acupuncture, electroacupuncture and auriculotherapy.

Main Learning Strategies
Keynote PowerPoint lectures and demonstrations will be used to introduce new treatment concepts and also to enhance the understanding of taught and practical elements of the course. A problem solving approach will be used in practical sessions. This will provide the participants the opportunity to integrate knowledge and understanding acquired in previous professional practice and to further develop new therapeutic skills.

Indicative Content
- The basic concepts of acupuncture theory within the realm of TCM.
- The neurophysiology of acupuncture and pain.
- Scientific evidence to support the usage of acupuncture in physiotherapy.
- Health and safety of application of acupuncture in clinical practice.
- The regular meridians and location of their important points.
- Handling of acupuncture incidents.
- The regional treatment of musculoskeletal pain.
- Searching evidence in the support of using acupuncture in clinical practice.
- Introduction to the theory and application of Trigger point acupuncture, Electroacupuncture and Auriculotherapy.

FREE "life time guarantee" of tutor support to all course participants.
Delegates can contact Kam at anytime via email for questions and answers on acupuncture matters. For almost 20 years, he has dealt with queries every single day from his ex course participants. This is completely FREE to course participants

Please send your completed booking form and payment (£525) or full invoicing details to:

Acupuncture Training Associates, 25 Calderdale, Wallsend, Tyne and Wear, NE28 8SN
Email: kamwah.mak@outlook.com

Tel (Ken Joy at Health Education Seminars): 01202 568898
Please complete and return the following form along with payment or full invoicing details:

Name_______________________________________  Profession: _________________________

Course venue ______________________________

Address __________________________________________________________________________

__________________________________________________________________________

e-mail________________________________________    Telephone___________________

I confirm that I meet the following criteria:

- I am HPC Registered (or equivalent)
- I will be able to practise Acupuncture in a clinical setting between the course parts
- I give the tutor informed consent to receive repetitive needling and realise it is my responsibility to inform the tutor if I have any medical contraindications at any times (this includes being or trying to become pregnant)

Signed………………………………………………    Date……………………

Terms and Conditions:

By completing and signing this form you agree to follow the course and pay the full course fee.

- On receipt of this form you will be contacted to confirm your place on the course. We will then require the full course fee 8 weeks prior the first course date.
- Refunds can be made up to 6 weeks before the first course date, minus a £75 administration fee. Alternatively you can find a replacement for your place at any time.
- The course requires a minimum number of participants. If there is an insufficient number you will receive a full refund of your delegate fees. Should the course need to be cancelled due to unforeseen circumstances you will also be refunded. Acupuncture Training Associates and Health Education Seminars will not be liable for any other expenses incurred (travel, accommodation etc) in the event of the course being cancelled.

I agree to the above terms and conditions and enclose a cheque for the full amount of £525 made payable to "Acupuncture Training Associates", or full invoicing details

Signed........................................................................    Date..............................

Please send your completed booking form and payment (£525) or full invoicing details to:

Acupuncture Training Associates, 25 Calderdale, Wallsend, Tyne and Wear, NE28 8SN

Email: kamwah.mak@outlook.com

Tel (Ken Joy at Health Education Seminars): 01202 568898
World Class CPD

Functional Rehabilitation of Shoulder Muscles
Evidence & Application

Karen Ginn PhD
Associate Professor (Musculoskeletal Anatomy), Discipline of Biomedical Science, Faculty of Medicine, University of Sydney, Manipulative Physiotherapist in part-time private practice

March 18th/19th - Sutton, Surrey       June 10th/11th - Salisbury, Wiltshire
March 25th/26th - Stockport, Cheshire June 17th/18th - London

This brand new bespoke 2 day course is predominately aimed at physiotherapists, osteopaths, chiropractors & sports rehab professionals wanting to improve their approach to functional shoulder rehabilitation.

Tutor
Associate Professor Karen Ginn is a musculoskeletal anatomist & musculoskeletal physiotherapist in the Discipline of Anatomy & Histology, Sydney Medical School, University of Sydney. She teaches functional, applied anatomy to various health professional groups and also works in part time private practice. She is involved in research related to the assessment and treatment of shoulder dysfunction evaluating the validity and reliability of components of the physical examination of the shoulder. She has over 40 publications in such journals as Journal of Orthopaedic Research, Medicine and Science in Sport and Exercise, Physical Therapy, Journal of Science and Medicine in Sport, Journal of Rehabilitation Medicine and Journal of Electromyography and Kinesiology, Clinical Anatomy. She is regularly invited to present at conferences both nationally and internationally and is a Visiting Professor at the University of Gothenburg, Sweden and an Honorary Research Associate at the Royal National Orthopaedic Hospital, London. She is currently a member of the Board of the International Congress of Shoulder and Elbow Therapists.

Course outline
At the end of this course participants will be able to:
- critically evaluate the contribution of the current diagnostic classification system, imaging procedures & special orthopaedic tests in directing effective treatment for shoulder dysfunction
- critically evaluate the evidence in support of surgery & active (exercises) & passive conservative treatment for shoulder pain
- critically evaluate the functional anatomy of the normal shoulder joint:
  i. the contribution of active and passive stabilising structures
  ii. the specific mechanisms whereby rotator cuff (RC) muscles contribute to shoulder joint movement and stability
  iii. the role of the scapula in optimising shoulder joint & shoulder muscle function
  iv. the multiple roles muscles perform, and the level of muscle co-ordination required, in normal shoulder region function
- critically evaluate commonly used methods of assessing and treating shoulder muscle dysfunction
- investigate alternative methods of assessing and restoring shoulder function that better reflects normal functional anatomy

Day 1 lecture/discussion format
- exploration of recent research into shoulder muscle function
- critical evaluation of current Physiotherapy assessment and treatment of shoulder dysfunction

Day 2 practical format
- critical evaluation of the functional anatomical basis of current Physiotherapy assessment and treatment of shoulder dysfunction
- exploration of alternative methods of assessing and restoring shoulder function that better reflects normal functional anatomy

Fee: £300 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 14hrs).

www.heseminars.com       Tel: 01202 568898       email: info@heseminars.com
Immediate Care in Sport & Exercise Medicine

INTERMEDIATE Level Sports First Aid course

This course has been developed with a leading UK Emergency Medicine Consultant, elite Sports Physician and Performance Director

Available to host in 2017

Course Description
A brand new, 2 day Intermediate level, externally assessed sports trauma course suitable for physical therapists, sports and healthcare professionals who are expected to deal with medical and trauma emergencies in sport and exercise settings.

- On completing the course and passing the written & practical assessments, delegates will receive an EFAW certificate (valid for 3 years) an Automated External Defibrillator (AED) certificate (valid for 1 year) and a certificate in Spinal Immobilisation & Extrication (valid for 3 years).
- The use of plastic dummies is kept to an absolute minimum, so that delegates experience first hand how to deal with human casualties

The course is delivered over two days with particular attention given throughout the course to applying the information to real-life sports specific scenarios, incorporating real life trauma and sporting incidents as well as gaining practical hands-on skills. Clinical Reasoning in time pressured situations is a key component of this intensive course, which will equip all delegates with the fundamental skills and knowledge to apply in any trauma scenario they are likely to encounter. The inclusion of the tutor’s and delegate’s own sports trauma experience will further aid the learning experience.

Tutor
Tony Bennison – Trained as a Combat Medical Technician with the British Army in 1987 he served in various theatres and on attachments to civilian A&E departments and the London Ambulance Service. He is a Lecturer in Resuscitation at Middlesex University, training Doctors, Nurses, Physiotherapists and Midwives in Basic, Paediatric, Maternal and Advanced Life Support, Trauma Management and Resuscitation Ethics. He is a qualified Rugby coach, League and Union and has lectured extensively for Association of Chartered Physiotherapists in Sports Medicine and British Association of Sport and Exercise Medicine.

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual, EFAW certificate, AED certificate and Spinal Immobilisation & Extrication certificate valid for 3yrs - 16hrs CPD).

www.heseminars.com  Tel: 01202 568898  email: info@heseminars.com
Course Outline

**Day 1** (08.30am - 17.30pm)

- **Course intro** - rationale, other courses, etc
- **Emergency care in SEM** – practical skills review
- **The legal and professional minefield** – the Duty and Standard of Care; case studies
- **Assessment of the collapsed patient 1** – AcBCDE
- **The Cardiac Emergency** - Basic Life Support with adjuncts: Resuscitation Council Guidelines 2010, Adult and Paeds algorithms; AED demonstration
- **Sudden Cardiac Death in sport and exercise**: cardiac pathologies in athletic populations
- **Case studies**: Video review and discussion of case studies
- **Assessment of the collapsed patient 2** – AcBCDE
  - **Dysfunction** - assessment of unconsciousness: AVPU/GCS, intrinsic (e.g hypo) vs extrinsic (trauma) causes, Latest perspectives in head and neck injury/concussion assessment: Vienna Consensus, JRCALC
  - **Expose** – cavities and compartments, incl isolated limb injury, # reduction, peripheral pulses, etc
- **Patient extrication demo and practice**: log rolling – supine, prone and awkward
- **Medical case studies**: asthma, anaphylaxis, glycaemic, heat, cold, etc – emergent vs non-emergent, assessment and management

**Day 2** (09.00am - 16.30pm)

- **Assessment of the collapsed patient 3** – AcBCDE in depth
- **Trauma and medical case studies** - Video reviews and discussion
- **Final course assessments**: written and practical
  Students will sit a 25 question MCQ test and will also take turns managing a practical trauma and resuscitation (time-pressured) scenario.

On completion of the course delegates will receive the nationally-recognised *Emergency First Aid at Work* certificate which is valid for 3 years, also a certificate in *Automated External Defibrillation* (AED) which is valid for 1 year and a certificate in *Spinal Immobilisation and Extrication*.

**Course duration**: 2 days (16 CPD contact hours)
Introduction to
Paediatric & Adolescent
Musculoskeletal disorders

Tom Quantrell MCSP MSc

March 25th - Hitchin, Hertfordshire
July 15th - Eastbourne, East Sussex
August 12th - Milton Keynes, Bucks
September 11th (Mon) - Hyde, Cheshire

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
- Generalised hypermobility and hypermobility syndrome

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

www.heseminars.com      Tel: 01202 568898 email:      info@heseminars.com
A Practical Guide for Therapeutic Neuroscience Education

Mike Stewart MCSP

July 15th/16th - Gloucester
July 22nd/23rd 2017 - Edinburgh
August 19th/20th 2017 - Harrogate
November 4th/5th 2017 - London

Presenter
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).

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Management of the Athlete: Lower Quarter

A movement science perspective

Dr. Jared Vagy PT, DPT, OCS, CSCS

August 5th 2017 - London (Royal London Hospital)

Tutor
Dr. Vagy is an internationally recognized physical therapist and orthopaedic specialist who specializes in treating Olympic level athletes. He is a doctoral professor at the University of Southern California, the #1 ranked physical therapy school in the USA. Dr. Jared Vagy served as a physical therapist in China for the Chinese National Track and Field Team in 2015 as well a physical therapist for Team USA at the US Olympic Track and Field Trials in 2016. He has rehabilitated several world champions, gold medallists and Olympic athletes. His assessments and treatments are rooted deeply in an understanding of the movement system.

Objectives
- Learn the biomechanics and sport specific demands of lower quarter sports
- Understand the importance of regional interdependence of the lower quarter and its functional relationship to pathobiomechanics
- Demonstrate and select appropriate movement assessments and treatments for the lower quarter athlete
- Provide interventions based on faulty movement patterns and observed and relate to key impairments obtained from the objective exam
- Learn current research supporting movement and sport-specific assessments and treatments

Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00 - 09.00</td>
<td>Overview of the lower quarter athlete</td>
</tr>
<tr>
<td>09.00 - 09.15</td>
<td>The importance of movement and sport specific assessment and treatment</td>
</tr>
<tr>
<td></td>
<td>Lower quarter sport biomechanics</td>
</tr>
<tr>
<td></td>
<td>A structured exam for the assessment of lower quarter athletes</td>
</tr>
<tr>
<td>09.15 - 10.15</td>
<td>Movement assessment of the lower quarter athlete</td>
</tr>
<tr>
<td>10.15 - 12.00</td>
<td>Sport-specific assessment of the lower quarter athlete</td>
</tr>
<tr>
<td>12.00 - 13.00</td>
<td>Understanding the treatment pyramid</td>
</tr>
<tr>
<td></td>
<td>Utilizing anatomical slings and neuromuscular chains in treatment</td>
</tr>
<tr>
<td>13.00 - 15.00</td>
<td>Treatment skills: post isometric relaxation, joint centration,</td>
</tr>
<tr>
<td></td>
<td>facilitation, gravity induced inhibition, active utilization,</td>
</tr>
<tr>
<td></td>
<td>active stabilization, mobilization with movement and functional</td>
</tr>
<tr>
<td></td>
<td>corrective exercises</td>
</tr>
<tr>
<td>15.00 - 15.15</td>
<td>Research review of resistance band exercise</td>
</tr>
<tr>
<td></td>
<td>Vector, stealth, chain, spiral, combo and functional wraps of CLX bands</td>
</tr>
<tr>
<td>15:15 - 17.00</td>
<td>Putting it all together</td>
</tr>
</tbody>
</table>

Fee: £150 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 8hrs).

www.heseminars.com      Tel: 01202 568898      email: info@heseminars.com
Modern Exercise Prescription for Therapists

Nick Grantham MSc, CSCS, ASCC
Performance Enhancement Specialist

This workshop will be of particular interest to physios, osteopaths, chiropractors & sports therapists.

April 22nd - Cambridge
May 6th - Chertsey, Surrey

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).

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
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)
Muscle Energy Techniques: Lumbar Spine and Pelvis

Jay Cookson
BSc MMACP MCSP PGD Manipulative Physiotherapy SRP CMP

May 6th/7th - Edinburgh

Presenter
Jay Cookson works as the musculo-skeletal clinical specialist/lead for the Southampton City PCT. He also works as an ESP in spines, shoulders and the lower limb for the same trust. These varied roles involve the clinical supervision and development within the trust. Combined with his NHS commitments he is also an external lecturer at the School of Health Professions at the University of Southampton, lecturing neuromusculoskeletal physiotherapy and applied anatomy. Jay considers himself to be a manual therapist with an enthusiasm for the teaching of advanced handling skills and clinical reasoning.

Course Description
This course will provide a comprehensive outline of the biomechanics of the lumbar spine and pelvis. It will enable therapists to identify dysfunction of this area of the body and will equip them with varying treatments to correct these dysfunctions. There will be a focus on clinical reasoning throughout the course, making the recognition of lumbar spine and pelvis problems easier. Treatments will include all the MET’s for all the dysfunctions, as well as, basic manipulation. Close attention will be given to good handling and alternative methods where appropriate.

Course Outline
1. Introduction
2. Bony palpation. Palpation of all bony landmarks and soft tissue.
3. Sacral Torsions and side bent sacrums. Biomechanics and identification of backward and forward sacral torsions, moving to treatments of these.
5. Lumbar spine dysfunction. Looks at biomechanics (type 1 and 2) to enable the identification of dysfunction in a different manner from the more widely used theories.
6. Pubic Symphasis dysfunction. Considers the application of the theories to this area of the pelvis

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Myofascial Trigger Points

Ed Wilson
BA (Hons) MCSP, HPC Registered, MCTA, CMP

Available to host in 2017

Tutor
Ed Wilson is an Accredited Mulligan Concept Teacher and a member of the Mulligan Concept Teachers Association. Ed has been teaching Mulligan Concept courses (Nags, Snags, MWM’s) since 1993. and Trigger Point courses nationally and internationally since 1993. Developed partially from Mulligan's painfree articular philosophy and Leon Chaitow's comprehensive soft tissue "bodywork" methods, Ed has incorporated this into "Myofascial Trigger Points with Ed Wilson", a course taught by Ed since 1999. His BA (Hons) in Social Sciences included extensive study of psychology, and how pain behaviour is influenced by physiology and biochemistry is still of particular interest to him. Ed is also a member of the International Advisory Board of the Journal of Bodywork and Movement Therapy, the official journal of the National Association of Myofascial Trigger point Therapists and the Australian Pilates Method Association.

Course description
This practical clinically based course is ideal for those wanting to expand their knowledge of trigger point assessment and treatment from a manual therapy, non needling perspective. This theoretical and practical course is designed to investigate and eliminate the cascade of effects from an agitated nervous system, and their effects on muscle tone. Suitable for orthopaedic outpatients, post-operative in-patients and neurologically-compromised patients. Trigger points mapping and treatment techniques ranging from acupressure to positional release will be taught within a painfree concept. Needles will not be used. Participants are recommended to review basic functional anatomy and physiology, with particular emphasis on muscle location, action and innervation. The course helps to bridge the divide between acupuncture and manual therapy although it is taught from a western medical perspective. The course will firstly enhance your understanding and management of trigger points for pain relief throughout the whole body. The impact on trunk and lower limb biomechanics will be covered and ultimately self treatment by the patient. An emphasis on good clinical reasoning is underpinned throughout by using case examples and a problem solving approach. The therapist who would most benefit from this course would be those treating musculoskeletal, neurologically-compromised, postop, frail or elderly patients or children. It provides an excellent alternative for those needle-phobic patients presenting with trigger points.

Participant numbers are limited to a maximum of 20.

Course objectives
On completion of this course participants will be able to:

• Discuss the debate surrounding the onset and treatment of Trigger Points
• Describe and discuss the mechanisms behind patient pain and dysfunction/disability in relation to Trigger Points
• Conduct an effective assessment for the presence of Trigger Points
• Discuss and demonstrate effective treatment of Trigger Points using manual therapy
• Discuss and demonstrate the effective use of Trigger Point therapy in conditions as diverse as pathoneurodynamics, muscle weakness, joint stiffness, complex regional pain syndromes etc.
• Understand and appreciate the importance of the roles of body chemistry in pain production –for example, the roles of endorphins, serotonin, blood oxygenation, viral illnesses etc.

This course differs from traditional Trigger Point courses as aggressive techniques are not used. If there is no rationale for strong techniques but there is good evidence to support less aggressive ones, then the more gentle ones should be taught and used. This philosophy emerged from the tutors long exposure to Mulligan’s painfree articular techniques.

 Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 14hrs)

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com.
### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.45</td>
<td>Registration</td>
</tr>
<tr>
<td>09.00</td>
<td>Start</td>
</tr>
<tr>
<td></td>
<td><strong>Trigger Points: The debate surrounding their aetiology and diagnosis</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Mechanisms of pain production:</strong></td>
</tr>
<tr>
<td></td>
<td>- Radicular</td>
</tr>
<tr>
<td></td>
<td>- Somatic</td>
</tr>
<tr>
<td></td>
<td>- The influence of facilitated cell bodies i.e. wide dynamic range cells</td>
</tr>
<tr>
<td></td>
<td>- The significance of the autonomic nervous system</td>
</tr>
<tr>
<td></td>
<td>**Mechanisms of pain sedation recruiting predominantly A Beta and A Delta</td>
</tr>
<tr>
<td></td>
<td>stimulation</td>
</tr>
<tr>
<td></td>
<td><strong>Palpation for trigger points as part of overall musculoskeletal assessment</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Treatment technique practice. Soft-touch and ice</strong></td>
</tr>
<tr>
<td></td>
<td>- Below the knee</td>
</tr>
<tr>
<td></td>
<td>- Above the knee</td>
</tr>
<tr>
<td></td>
<td>- Shoulder girdle</td>
</tr>
<tr>
<td>17.00</td>
<td>Close</td>
</tr>
</tbody>
</table>

### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00</td>
<td>Start</td>
</tr>
<tr>
<td></td>
<td><strong>Points around trunk anterior and posterior</strong></td>
</tr>
<tr>
<td></td>
<td>Palpation</td>
</tr>
<tr>
<td></td>
<td>Clinical uses: static posture</td>
</tr>
<tr>
<td></td>
<td>trunk movements</td>
</tr>
<tr>
<td></td>
<td>relation to L.L. biomechanics and function</td>
</tr>
<tr>
<td></td>
<td><strong>Points in relation to pathoneurodynamics</strong></td>
</tr>
<tr>
<td></td>
<td>Changes in SLR</td>
</tr>
<tr>
<td></td>
<td>Discussion of causes and effects “Cascade”</td>
</tr>
<tr>
<td></td>
<td><strong>Failure of effects</strong></td>
</tr>
<tr>
<td></td>
<td>Referred from other sites</td>
</tr>
<tr>
<td></td>
<td>Other treatments considered e.g. CTM, spinal mobs.</td>
</tr>
<tr>
<td></td>
<td>Onward referral considered</td>
</tr>
<tr>
<td></td>
<td>**Palpation and treatment of other areas with particular emphasis on</td>
</tr>
<tr>
<td></td>
<td>shoulder girdle muscles</td>
</tr>
<tr>
<td></td>
<td><strong>Palpation and treatment: Cx and head</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Self-treatment</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Problem solving and summary.</strong></td>
</tr>
<tr>
<td></td>
<td>**N.B Depending on the number and interests of participants schedule may</td>
</tr>
<tr>
<td></td>
<td>vary from course to course.</td>
</tr>
<tr>
<td>16.00</td>
<td>Close</td>
</tr>
</tbody>
</table>
The Mulligan Concept - Nags, Snags, Mobilisations with Movement etc - have changed considerably over the years since they were first introduced. There are new techniques, new ways of doing old techniques, and scientifically-grounded explanations for the concept now. There is also a considerable body of research to support it.

Tutor
Ed Wilson is an Accredited Mulligan Concept Teacher and a member of the Mulligan Concept Teachers Association. Ed has been teaching the basic Mulligan Concept course (Nags, Snags, MWM's) nationally and internationally since 1993, and the more advanced level course since 1998. He has published many articles on the techniques and their rationale. His latest major contribution is a chapter in "Positional Release" by Leon Chaitow (2007) Harcourt Publications, Edinburgh. The influences of Mulligan's pain free approach and Chaitow's comprehensive soft tissue "bodywork" methods have been incorporated into "Trigger Points, Pain and Muscle Tone", a course taught by Ed since 1999. His BA (Hons) in Social Sciences included extensive study of psychology, and how pain behaviour is influenced by physiology and biochemistry is still of particular interest to him. Ed is also a member of the International Advisory Board of the Journal of Bodywork and Movement Therapy, the official journal of the National Association of Myofascial Trigger point Therapists and the Australian Pilates Method Association.

Course description
This practically orientated 2 day course will introduce the concept and use of NAG's, SNAG's and Mobilisations with Movement in the treatment of musculoskeletal conditions as developed by Mr. Brian Mulligan of New Zealand. The course consists of short lectures and practical sessions.

Participant numbers are limited to a maximum of 18. The course is open to physiotherapists only.

This course will cover the theory and practical application of a wide range of NAG's, SNAG's and Mobilisations with Movement's. An understanding of the relevant anatomy and biomechanics will be provided and spinal and peripheral techniques will then be taught under close supervision. Techniques using a treatment belt and strapping will also be included. Finally the application of the techniques to the patient's pathology will be discussed to ensure that the concept can be applied to each individual's clinical case load.

Course objectives
On completion of this course participants will be able to:

- Describe the underpinning theory of NAG's, SNAG's and Mobilisations with Movement (MWM's).
- Demonstrate and justify the use of spinal NAG's and SNAG's in the cervical, thoracic and lumbar spine.
- Demonstrate and justify the use of peripheral MWM's for the shoulder, elbow, wrist and hand, hip, knee and foot and ankle.

Preparation
Pre course reading of one article and the book by Brian Mulligan is recommended. It is recommended that participants buy a copy of Mulligan's book as full descriptions of techniques are not contained in the course manual. The book is recommended by the Mulligan Teachers Association as the source of these.

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 14hrs).
## Course timetable

### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.30</td>
<td>Registration</td>
</tr>
<tr>
<td>09.00</td>
<td>Introduction to the Mulligan Concept followed by Cervical spine techniques</td>
</tr>
<tr>
<td>12.30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Lumbar Spine - NAG's and SNAG's</td>
</tr>
<tr>
<td>15.00</td>
<td>Break</td>
</tr>
<tr>
<td>15.15</td>
<td>Thoracic Spine - SNAG's / Self SNAG's</td>
</tr>
<tr>
<td>17.00</td>
<td>Close</td>
</tr>
</tbody>
</table>

### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00</td>
<td>Revision of day 1</td>
</tr>
<tr>
<td>10.00</td>
<td>Introduction and theory of Mulligan's peripheral approach to the treatment of soft tissues and joints</td>
</tr>
<tr>
<td>10.15</td>
<td>Treatment of finger, hand and wrist</td>
</tr>
<tr>
<td>10.30</td>
<td>Break</td>
</tr>
<tr>
<td>11.00</td>
<td>Treatment of elbow, shoulder and acromioclavicular joint</td>
</tr>
<tr>
<td>12.45</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Treatment of ankle and knee conditions</td>
</tr>
<tr>
<td>15.00</td>
<td>Break</td>
</tr>
<tr>
<td>15.15</td>
<td>Treatment of the hip</td>
</tr>
<tr>
<td>16.15</td>
<td>Close</td>
</tr>
</tbody>
</table>
Paediatric Orthopaedic workshop

Peter Beirne Grad Dip Phys MCSP

May 6th - Guildford, Surrey

Presenter
Peter Beirne graduated from Royal Liverpool Hospital College School of Physiotherapy in 1991. After working initially at Broadgreen Hospital, Liverpool he started work at the North Wales Sport Injury Clinic on a part time basis, and also at Alder Hey Children’s Hospital, Liverpool. In 1996 he took a full time position at Alder Hey. At this time he began to develop the Paediatric Orthopaedic Service within the Trust and also became involved with the English and Welsh Athletics Teams. Following promotion to Superintendent at Alder Hey in 1996, he continued to develop the inpatient and outpatient Orthopaedic service and worked closely in setting up the Paediatric Ilizarov service. During this time he was also heavily involved in the Haemophilia service and setting up National guidelines into the treatment of paediatric conditions.

He became a member of the British Athletic Team and attended numerous international meetings as athletic team Physiotherapist, culminating in 1998 when he was part of the Medical Team supporting the English Team at the Commonwealth games in Kuala Lumpur. Since 1996, he has also been employed as Physiotherapist to the Everton Football Academy. His work encompasses the full time and academy players as well as setting up a musculoskeletal screening programme and assisting in the audit of injuries and musculoskeletal research.

Becoming a Clinical Specialist in 1998 he set up the adolescent knee pain clinic and the Ponsetti method clinic with the Orthopaedic surgeons to treat babies with Talipes deformities. For the past several years he has presented the Paediatric Orthopaedic Modules at Liverpool and Salford Universities at undergraduate level, as well as lecturing locally and nationally on Orthopaedics and Children in Sport.

Course Description
This introductory course focuses on a specific area of Paediatric therapy - orthopaedics. The course comprises a mix of theory and practical workshops. The delegate will gain an introduction and insight into the assessment, management and problem solving in this challenging client group. Practical skills will also be taught in the workshops. Throughout, this course will be led in an open style, encouraging delegate participation and exchange of ideas and information.

Course outline
- Growth and development of the skeleton
- Growth phases and how they affect the body
- Common orthopaedic problems and management
- Use of X Rays in Paediatrics with conditions discussed
- Children in sport, including the effects of puberty
- Talent identification and age banding
- Role of physiotherapy
- Effects of training and exercise
- X-ray workshop
- Chronic Pain in children
- Case Studies

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Paediatric Respiratory Workshop

Paul Ritson Grad Dip Phys MCSP

Available to host in 2017

Presenter
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 APCP Introduction to Paediatrics course – an annual course lasting 1 week, validated by the APCP. 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 APCP. 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).
Practical Podiatric Biomechanics

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

February 4th/5th - Nuneaton, Warwickshire
March 18th/19th - Slough, Berks
April 22nd/23rd - available to host
June 17th/18th - Margate, Kent
July 15th/16th - London

Presenter
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 11 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.

Course Outline
- Introduction and Historical perspective
- Anatomy re-cap & Abnormal foot morphology
- Podiatry & Physiotherapy – Compliment or Conflict?
- Current theories on foot dysfunction and Gait Dysfunction
- High Gear/Low Gear Propulsion
- Screening for foot related causes of lower limb injury and gait dysfunction
- Gait Analysis – theory
- Lower limb assessment – practical session
- Gait Analysis – practical session
- Treatment options
- Functional orthosis
- Case Studies & Questions

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

www.heseminars.com   Tel: 01202 568898   email: info@heseminars.com
Tutor
Matthew graduated from Leeds in 1991. Since then he has worked in a variety of locations in the UK and abroad. Early in 2001 Matthew moved to Portsmouth to take on the post of “Physiotherapy Respiratory Clinical Specialist”. This post has combined an active clinical role with a significant teaching commitment. Since then, Matthew has been involved in the continuing development of the multi-professional ALERT course for the recognition and treatment of acutely ill patients and has recently lead the development and launch of the ACPRC "On Course for On Call” course. Matthew's current research interests lie within aerosol delivery to the lung, having completed his MPhil at the University of Southampton, which has investigated the effect of posture on the deposition of inhaled aerosols in healthy subjects.

Mary-Ann is a Clinical Specialist in Critical Care, working at The University Hospital of Wales in Cardiff. Since graduating from Edinburgh in 1991, she has worked in her joint areas of special interest of Critical Care and Oncology in Cambridge, London and Cardiff. Her current job role also involves tracheostomy management and a high commitment to education. Mary-Ann completed a secondment looking at on-call and emergency duty training funded by the Welsh Assembly in 2002. She has been a member of the UK national on call project team since inception in 2000. She has undertaken studies reviewing the on call support tools produced by the CSP and ACPRC and co-authored the On Course for On Call Programme.

Mary-Ann’s interest lies with education and training. She has a Masters in Critical Care from Cardiff University where she undertook a study investigating the use of the CSP Respiratory On Call Guidance and their effect on self-perceived competence.

Course Description
This course is aimed at equipping therapists with a commitment to providing out of hours respiratory physiotherapy with a sound grounding and directing their future learning. Built around case studies, it covers assessment, interpretation of ABG’s, chest x-rays and other investigations and the identification of key problems which are amenable to physio intervention. Treatment strategies are discussed from the point of starting intervention and the progression of treatment. An open teaching style is adopted with the positive encouragement of participation of the group. There are some practical elements and so all participants should come suitably dressed with a willingness to be involved.

Course Outline
- Introduction & Course Objectives
- Respiratory assessment
- Respiratory anatomy
- Respiratory physiology and pathology
- Treatment of volume loss
- Treatment of sputum retention and increased work of breathing
- Adjuncts to respiratory physiotherapy
- Open Forum – Questions & Answers
- Review of Course Objectives & Course Feedback

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

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
Advanced Respiratory Care (1 day)

Matthew Quint MCSP MPhil & Mary-Ann Broad MCSP
Clinical Respiratory Specialist Physiotherapists

Available to host in 2017

Tutors
Matthew graduated from Leeds in 1991. Since then he has worked in a variety of locations in the UK and abroad. Early in 2001 Matthew moved to Portsmouth to take on the post of “Physiotherapy Respiratory Clinical Specialist”. This post has combined an active clinical role with a significant teaching commitment. Since then, Matthew has been involved in the continuing development of the multi professional ALERT course for the recognition and treatment of acutely ill patients and has recently lead the development and launch of the ACPRC "On Course for On Call" course. Matthew's current research interests lie within aerosol delivery to the lung, having completed his MPhil at the University of Southampton, which has investigated the effect of posture on the deposition of inhaled aerosols in healthy subjects.

Mary-Ann is a Clinical Specialist in Critical Care, working at The University Hospital of Wales in Cardiff. Since graduating from Edinburgh in 1991, she has worked in her joint areas of special interest of Critical Care and Oncology in Cambridge, London and Cardiff. Her current job role also involves tracheostomy management and a high commitment to education.

Mary-Ann completed a secondment looking at on-call and emergency duty training funded by the Welsh Assembly in 2002. She has been a member of the UK national on call project team since inception in 2000. She has undertaken studies reviewing the on call support tools produced by the CSP and ACPRC and co-authored the On Course for On Call Programme.

Mary-Ann's interest lies with education and training. She has a Masters in Critical Care from Cardiff University where she undertook a study investigating the use of the CSP Respiratory On Call Guidance and their effect on self-perceived competence.

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

Course Description
This higher level Advanced course is aimed at primarily at physiotherapists working at specialist respiratory centres/hospitals. With a mix of teaching styles (interactive, specific workshops and lectures) this course will cover:
- Evidence based practice and critiquing skills
- Advanced assessment skills
- Physiology of ventilation
  - Including aerosols and humidification
- Introduction to imaging (CT’s etc)
- Effects of invasive ventilation
- Non Invasive ventilation
- Tracheostomy weaning and trouble shooting
- Round up, Q&A's

An open teaching style is adopted with the positive encouragement of participation of the group. There are some practical elements and so all participants should come suitably dressed with a willingness to be involved.

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Running Repairs

Getting runners back on Track

Tom Goom MCSP

January 21st/22nd - Gloucester

Presenter
Tom is an experienced senior physiotherapist, keen runner and creator of Running-Physio.com. His work has gained a worldwide audience and been featured online in the British Journal of Sports Medicine, Running Fitness Magazine and Men's Running UK. Tom remains a full time clinician and believes in the importance of translating research findings into effective treatments for our patients. He is currently working on research into proximal hamstring tendinopathy that he hopes will be published later this year.

Course Description
This 2 day course aims to provide clinicians with the skills and knowledge required to assess and treat all common running injuries. There is a strong focus on practical solutions with real clinical value as well as thorough discussion of theory. Recent research will be integrated with clinical reasoning to provide an effective, evidence based approach.

By the end of the course the therapist should be able to:

- Understand the potential causes of running injury and be able to identify them in patients
- Appreciate the importance of injury prevention and our role within it
- Modify training volume, intensity and frequency to suit a client's needs
- Assess running gait and provide re-education where indicated
-Prescribe strength and conditioning programmes with a deeper understanding of how they effect pathology, pain and performance
- Integrate a depth of knowledge to treat tendinopathy, plantar fasciopathy, patellofemoral pain and other conditions commonly seen in runners.

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 14hrs).

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
The Running Repairs course content is constantly evolving and being updated in line with new research findings but follows a programme to include key areas in running injury.

Course ethos
It’s really important to us that our courses provide you with useful, practical information that you can use in clinic. It’s easy to attend a course then find some months later that it hasn’t influenced your practice or that you haven’t got the confidence to use what you’ve learned. An example for this is gait analysis, the theory is complex and may be challenging for some but we make sure all participants have multiple opportunities to analyse gait on the course and apply the theory to clinical cases. For many this opens up lots of possibilities and ideas for movement analysis for athletes and non-athletes alike.

Our courses are friendly and informal and we encourage discussion and respectful debate. Our aim is to provide a relaxed and enjoyable environment in which to learn and develop skills.

Post-course learning
One aspect of the course that we’re very proud of is our post-course information. We want to help you continue your development beyond the course and provide an extensive resource with advice, photos of exercises from the course and links to all relevant research and blog articles. As the course develops the post-course information evolves too and you can check back in future to look for new articles and features. This post-course learning is exclusive to you and accessed only by those that have attended the course.

Is the course suitable for Sports Therapists, Podiatrists and other health professionals?
The course is suitable for any health professional involved in managing athletes. We welcome non-physios! However it is important to note that we have a strong focus on strength and conditioning, exercise prescription and movement analysis. Clinicians not involved in prescribing exercises may find some aspects of the course may not be relevant to them. In addition there is some ‘hands on’ treatment on the course but please note that the majority of the content is focused on exercise based interventions.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 Registration</td>
<td>9:00 Strength and conditioning for runners</td>
</tr>
<tr>
<td>9:00 Introductions &amp; key concepts</td>
<td>10:45 Break</td>
</tr>
<tr>
<td>9:30 Role of load &amp; injury prevention</td>
<td>11:00 Treatment overview</td>
</tr>
<tr>
<td>10:30 Break</td>
<td>11:30 Tendinopathy</td>
</tr>
<tr>
<td>10:45 Subjective history</td>
<td>13:00 Lunch</td>
</tr>
<tr>
<td>11:15 Objective assessment</td>
<td>13:30 ‘Runner’s knee' and ITBS</td>
</tr>
<tr>
<td>Including strength, flexibility and control</td>
<td>15:00 Plantar Fasciopathy</td>
</tr>
<tr>
<td>13:00 Lunch</td>
<td>15:30 Bone stress injury</td>
</tr>
<tr>
<td>13:30 Gait analysis theory and evidence</td>
<td>16:00 Calf and muscle pain</td>
</tr>
<tr>
<td>14:30 Gait analysis practice and practical</td>
<td></td>
</tr>
<tr>
<td>16:30-17:00 Questions and close</td>
<td>16:30-17:00 Questions and close</td>
</tr>
</tbody>
</table>
Spinal Manipulation: Facilitating Rehabilitation

Dr Neil Langridge  DClinP MMACP MSc (Manip Ther) MCSP

January 21st/22nd - Wilmslow, Cheshire
April 22nd/23rd - Basingstoke, Hampshire
May 20th/21st - Orpington, Kent
July 8th/9th - London (North Middx Hospital)

Tutor
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.

Course Description
This course will introduce delegates to manipulation and refresh the skills of those currently using Grade V 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 motor control 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 and chiropractors ONLY.

Course Outline

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction Lecture</td>
<td>Recap</td>
</tr>
<tr>
<td>Lumbar Spine PPIVMs</td>
<td>Thoracic A/P Grade V</td>
</tr>
<tr>
<td>Lumbar Rotation Grade V</td>
<td>Thoracic Rib Grade V</td>
</tr>
<tr>
<td>Linking the spine – Lecture</td>
<td>Upper Thoracic PPIVMs</td>
</tr>
<tr>
<td>Patient demonstration</td>
<td>Thoracic A/P in sitting Grade V</td>
</tr>
<tr>
<td>Lumbar extension/flexion bias</td>
<td>Upper Thoracic Rotation</td>
</tr>
<tr>
<td>Thoracic assessment and PPIVM</td>
<td>CAD - Lecture</td>
</tr>
<tr>
<td>Thoracic screw down</td>
<td>Cervical PPIVMs plus stability tests</td>
</tr>
<tr>
<td></td>
<td>Cervical Grade V. Opening/closing</td>
</tr>
<tr>
<td></td>
<td>Cervical spine cont’d</td>
</tr>
<tr>
<td></td>
<td>Clinical decisions &amp; manipulation - discussion</td>
</tr>
</tbody>
</table>

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

www.heseminars.com  Tel: 01202 568898  email: info@heseminars.com
Sport & Exercise First Aid

Health & Safety Executive recommended

Available to host in 2017

Course Description
A Health & Safety Executive recommended, attendance course - the minimum level of First Aid training required for those acting in an emergency. This is an essential course for sport and exercise Healthcare Professionals and Manual Therapists who are routinely expected to deal with medical and trauma emergencies despite having little or no formal grounding in these areas. Evidence continues to show how quickly these skills erode and how real-world variables can confuse the time-critical decision making process. This course allows the pitchside practitioner to re-evaluate their emergent skills and knowledge and discuss their own concerns and experiences amongst their peers. The certificate is accepted by all sport and therapy governing bodies for insurance and CPD purposes (6 hours).

Delegates receive training in a range of First Aid subjects, including:

- Legalities of First Aid: Duty and Standard of Care, professional obligation and scope of practice
- The Primary Survey in sport and exercise: AcBCDE
- Basic Life Support with adjuncts: Resuscitation Council Guidelines Oct 2010, Adult and Paeds algorithms; AED demo
- Sudden Death Syndrome: incidence of HCM and other pathologies in athletic populations
- Assessment and management of the unconscious casualty: GCS vs AVPU
- Latest perspectives in head injury/concussion assessment: CogSport, Maddocks, SAC
- Assessment and management of neck injury: NEXUS, Canadian C-spine rule
- Management of trauma, medical and environmental scenarios: case studies and open forum

On completion of the course delegates receive the nationally-recognised 'Emergency First Aid at Work' certificate, which is valid for 3 years.

Tutor
Tony Bennison – Trained as a Combat Medical Technician with the British Army in 1987 he served in various theatres and on attachments to civilian A&E departments and the London Ambulance Service. He is a Lecturer in Resuscitation at Middlesex University, training Doctors, Nurses, Physiotherapists and Midwives in Basic, Paediatric, Maternal and Advanced Life Support, Trauma Management and Resuscitation Ethics. He is a qualified Rugby coach, League and Union and has lectured extensively for Association of Chartered Physiotherapists in Sports Medicine and British Association of Sport and Exercise Medicine.

Fee: £130 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and HSE “Emergency First Aid at Work” certificate valid for 3 years - 7.5hrs CPD).

www.heseminars.com  Tel: 01202 568898  email: info@heseminars.com
Sports Injuries
An essential guide to aetiology, assessment and management

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

This course will be of particular interest to physios, osteopaths, sports rehab professionals, personal trainers & sports therapists

Available to host in 2017

Tutor
Ian has been a physiotherapist for over twenty years. In that time he has spent a considerable amount of time working with sportsmen and women. 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, and is currently reviewing the role of physiotherapy within the management of musculoskeletal injury. 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 Olympics, 2012 London Olympics and 2010 Commonwealth Games. In his spare time, Ian spends most of his time ferrying his children around to their various social and sporting engagements, and desperately trying to get some time with his wife!

Topics / issues covered during the day will include:

• Introduction to Sports Injuries
• The Inflammatory process & it’s significance to sports injuries
• PRICE - the latest evidence and protocols
• Ligament healing
• Tendon Healing
• Management of Muscle Injuries
• Mechanotherapy for Knee Rehabilitation
• Hamstring Injuries
• Putting it all together!

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

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
Sports Massage Masterclass

Julian Berriman BSc (Hons) Ost

Available to host in 2017

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).

www.heseminars.com         Tel: 01202 568898         email: info@heseminars.com
The Athletic Shoulder
Identification of specific rehabilitation strategies

Ben Ashworth  MSc BSc (Hons), First Team Physiotherapist - Arsenal FC
Dr Ian Horsley  Phd MSc MCSP CSCS, NW Regional Physiotherapy Lead - English Institute of Sport

March 25th/26th - London
June 1st/2nd - available to host

Tutors
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 FC 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 at the 2012 London Olympic Games. 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 coordinating the MSc Sports Rehab module & hopes to commence his PhD.

Ian has been a physiotherapist for over twenty years. In that time he has spent a considerable amount of time working with sportsmen and women. 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, and is currently reviewing the role of physiotherapy within the management of musculoskeletal injury. 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 2012 London Olympics and 2010 Commonwealth Games. In his spare time, Ian spends most of his time ferrying his children around to their various social and sporting engagements, and desperately trying to get some time with his wife!

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).

www.heseminars.com  Tel: 01202 568898 email: info@heseminars.com
The Neck: Clinical Rehabilitation

Chris Worsfold  MSc  PGDipManPhys  MCSP  MMACP
Physiotherapist specialising in Neck Pain

April 22nd/23rd (date tbc) - Solihull, West Midlands
May 13th/14th - Manchester
June 24th/25th - Goole, East Yorkshire
October 14th/15th - Bradford, West Yorkshire

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).

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
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)

March 1st 2017 - Bolton, Lancashire (University of Bolton)

Start: 1pm, Finish 8.30pm

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.

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 one 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.

Course Outline
12.45 Registration
13.00 Where to start: What the evidence tells us
14:30 Coffee
14.45 Assessment: The local stability system
16.15 Break
17.00 The Kinetic Chain: The missing link?!
17.30 Assessment : The global system
18.15 Coffee
18.30 Exercises that work: Key ingredients
19.30 So what do I do tomorrow morning? Case Studies
20.30 Questions

Fee: £138 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 7.5hrs).

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
The Shoulder: Theory & Practice (11th Edition)

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

Available to host in 2018

Presenter
Dr Jeremy Lewis is a New Zealand born, Australian trained physiotherapist. He works in the NHS as well as working privately in central London. He has been awarded a Fellowship of the Chartered Society of Physiotherapy, which is the highest award the Society can bestow on one of its members. He has been acknowledged as one of the 5 most eminent clinicians 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). Since 1992, Jeremy has taught over 250 shoulder workshops internationally to over 5000 health professionals in the USA, Australia, New Zealand, the Cayman Islands, Brazil, Chile, Argentina, The Azores, Norway, Denmark, Switzerland, the Middle East, Ireland, South Africa, India, extensively throughout Europe and throughout the UK. He has also lectured on the shoulder at many international conferences. His main areas of research interest are rotator cuff tendinopathy, shoulder pain syndromes and lateral epicondylopathy. He currently supervises PhD and MSc students. Jeremy is an associate editor for the journals; Shoulder & Elbow and, Physiotherapy.

Course Description
This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis and rehabilitation of shoulder pathology, as well as extensive reference to research publications from a variety of disciplines. New models of shoulder assessment including the Shoulder Symptom Modification Procedure (Lewis JS (2009) British Journal of Sports Medicine) and a new model for staging the continuum of rotator cuff tendinopathy (Lewis JS (2010) British Journal of Sports Medicine) will be presented. Emphasis will be placed on clinical reasoning to support management decisions. Participants completing these courses will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated region of the body.

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 fun, thought provoking, and provide opportunity to discuss ideas and share experiences.

2 Day Course programme - 2016

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction and epidemiology</strong></td>
<td>Discussion and Questions</td>
</tr>
<tr>
<td><strong>Function</strong></td>
<td><strong>Sensory-motor control</strong></td>
</tr>
<tr>
<td>This session reviews aspects of clinical and functional anatomy and biomechanics of the shoulder. Use is made of an individualised functional assessment approach to tailor treatment planning for a patient’s individualised needs.</td>
<td>Theoretical and practical session exploring the importance of incorporating sensory motor education in the management of all shoulder conditions. Includes practice of techniques.</td>
</tr>
<tr>
<td><strong>Assessment and Management</strong></td>
<td><strong>Subacromial Pain Syndrome (SPS) and Rotator Cuff Tendinopathy</strong></td>
</tr>
<tr>
<td>This clinically orientated session highlights the components of the subjective and physical examination of the shoulder that will assist the clinician in the clinical reasoning process. It will include the Shoulder Symptom Modification Procedure (SSMP) involving a structured algorithm to help the clinician determine what procedures should be used in patient management. The SSMP involves techniques to determine; the influence of scapular position on symptoms, scapular repositioning procedures, functional glenohumeral repositioning tests, techniques to determine the influence of the posture on the shoulder symptoms and an assessment of the cervical and thoracic region on shoulder symptoms.</td>
<td>This practical and theoretical session involves a very detailed and in-depth review of this multi-factorial 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.</td>
</tr>
<tr>
<td><strong>Assessment and Management (cont.)</strong></td>
<td><strong>SPS and Rotator Cuff Tendinopathy (cont.)</strong></td>
</tr>
<tr>
<td>Continuation of the earlier session. This theoretical and practical session critically appraises the evidence to support the use of imaging in helping to establish a diagnosis and critically reviews special orthopaedic tests used in the assessment of the shoulder.</td>
<td>Continuation of the earlier session.</td>
</tr>
<tr>
<td><strong>Assessment and Management (cont.)</strong></td>
<td><strong>SPS and Rotator Cuff Tendinopathy (cont.)</strong></td>
</tr>
<tr>
<td>Continuation of the earlier session. This final theoretical and practical session introduces neuromodulation</td>
<td>Continuation of the earlier session. This practical and theoretical session will explore a model for the continuum of rotator cuff tendinopathy including recommendations for EBP management. This session includes a critical appraisal of injection therapy in the management of subacromial pain syndrome and critically compares outcomes between surgical and non-surgical intervention. Multimodal management of the continuum of rotator cuff tendinopathy. Recommendations for staged progression of sub optimally loaded, normal, reactive, disrepair and degenerated RC tendon.</td>
</tr>
<tr>
<td><strong>Treatment and Rehabilitation Practical</strong></td>
<td><strong>Discussion and Summary</strong></td>
</tr>
<tr>
<td><strong>Introduction to the Contracted Frozen Shoulder</strong></td>
<td></td>
</tr>
</tbody>
</table>

Fee: £270 by cheque or online, payable to ‘Health Education Seminars’ (includes extensive course manual and CPD certificate of attendance - 15hrs).
Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. 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.
3. 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.
4. To gain proficiency in the Shoulder Symptom Modification Procedure.
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 including; the acute shoulder, subacromial pain syndrome, rotator cuff, the stiff and restricted shoulder, shoulder pain syndromes, and pain referred to the shoulder.
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, especially the continuum of rotator cuff and biceps tendinopathy.
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 a greater confidence in the use of exercise therapy, hands on therapy & taping techniques for the shoulder.

Participants Comments

- “Complete change to the way I think about shoulders. Best course I have ever done”.
- “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”.
- “Before I did this course the world was flat!”
- “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

March 11th - Bolton, Lancashire
May 6th - London (North Middlesex Hospital)

This 1 day course is targeted at any practitioner wanting to upskill their knowledge in the assessment and treatment of MSK injuries in the Hand, Wrist & Elbow regions. It 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 find this course applicable to your role.

Tutor
Ian Gatt is a Senior Physiotherapist with the English Institute of Sport (EIS). He is the Lead Physiotherapist for the GB Boxing program having worked with the elite squads in the build-up and during numerous major competitions including; the 2010/2014 CWGs (India/Glasgow), 2012 London Olympics, 2015 European Games (Baku) and currently in the preparation for Rio 2016. 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 kinematics. He has been an Associate Lecturer at Sheffield Hallam University since 2008 contributing to the success of the Sports Injury Management module. He is also a visiting lecturer at UCL on the Rehabilitation in Sports Injuries module. Ian is also an advisor to both Olympic and Professional sports, delivering educational workshops and supporting practitioners with their respective athletes on MSK injuries related to the Hand, Wrist and Elbow.

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 1 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: £130 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

www.heseminars.com Tel: 01202 568898 email: info@heseminars.com
The Sporting Hip & Groin

Course developed by:
James Moore MPhtySt (Manips), MSc Applied Biomech, BSc (Hons), CSCS
Mark Young B.Phty (Aus), PG Cert (AIS), MAPA, MCSP

Jan 28th/29th - Hove, East Sussex
Feb 4th/5th - Plymouth, Devon
March 4th/5th - Coventry

March 25th/26th - Harrogate
April 29th/30th - Salisbury

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.

Co-developer: Mark Young 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.

Course outline

<table>
<thead>
<tr>
<th>Day 1 (09.00 - 17.00) (anatomy, functional biomechanics &amp; diagnosing hip &amp; groin pathology)</th>
<th>Day 2 (09.00 - 17.00) (rehabilitating the hip &amp; groin)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Functional anatomy review</td>
<td>• Movement dysfunction &amp; pattern recognition</td>
</tr>
<tr>
<td>• Joint biomechanics &amp; movement patterns</td>
<td>• Functional examination</td>
</tr>
<tr>
<td>• Subjective &amp; objective examinations</td>
<td>• Imaging &amp; surgical considerations</td>
</tr>
<tr>
<td>• Adductor-related pathologies</td>
<td>• Structuring a rehab program</td>
</tr>
<tr>
<td>• Abdominal-related pathologies</td>
<td>• Muscle impairment - low or high load?</td>
</tr>
<tr>
<td>• Hip joint-related pathologies</td>
<td>• Rehab exercises - which exercise, when?</td>
</tr>
<tr>
<td>• Manual therapy techniques</td>
<td>• Putting it all together</td>
</tr>
</tbody>
</table>

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).

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
The Sporting Spine

Jay Cookson
BSc MMACP MCSP PGD Manipulative Physiotherapy SRP

February 18th - Harrogate
April 22nd - Leicester

Presenter
Jay works as an ESP 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. He is also the ESP for the Orthopaedic Knee team. Jay has worked 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. 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. Jay is the Chair for the Committee for Education and Approval within the MACP and sits on the Executive board.

Course Description
This intensive 1 day course will provide a comprehensive outline of the anatomy & biomechanics of the spine, along with spinal mechanics and assessment. It will enable therapists to identify dysfunction of the sporting spine and will equip them with varying treatments to correct problems identified. Spinal motor control assessment & dysfunction will be covered, as well as the ever increasing important aspect of preventative screening, which will be be discussed, demonstrated and practiced. Finally, delegates will be taking through some key tips for improving the performance of their athletes/clients via Spinal Performance Enhancement. There will be a focus on clinical reasoning throughout the course. Close attention will be given to good handling and alternative methods where appropriate.

Course Outline
- Spinal Anatomy
- Spinal Mechanics
- Spinal Assessment
- Spinal motor control assessment and dysfunction
- Spinal Screening
- Spinal Performance Enhancement

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

www.heseminars.com    Tel: 01202 568898    email: info@heseminars.com
Unravelling Strength & Conditioning for Therapists
Andrew McCauley MSc BSc CSCS HCPC MCSP

January 28th - Manchester        February 25th - London
April 29th - Loughborough

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.

Andrew has a passion for sports medicine and athletic development. He believes that if someone wants to train or play sport, they deserve the best treatment possible. He is dedicated to helping diagnose, rehabilitate and improve athletes from all ages and levels.

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 physiotherapist’s 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 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).

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.

This course will include a mixture of practical and theory.

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

www.heseminars.com        Tel: 01202 568898        email: info@heseminars.com
Payment Booking Form

Your Name ______________________________________ Course Fee £______________

Course name ____________________________________ Course date ________________

Address _______________________________________________________________________
_____________________________________________________________________________

Post Code ______________ email _____________________________________________

Tel No (day) __________________________ (evening) ______________________________

Where did you hear about the course __________________________________________

Your profession ______________________________________________________________

I wish to pay the fee of ____________________________ by:

Cheque (payable to Health Education Seminars) Credit Card (please circle)

MASTERCARD VISA MAESTRO VISA DEBIT

Name on Card: __________________________________________

Card No: ______________________________________________

Start date: _____ /______ Expiry date: _____ /______

Issue Number (Switch Only) ___ 3 digit security no. _______

Funded Delegates

If you are to be funded to attend these courses, please enter the name and address of the
person to whom INVOICES are to be sent.

Name: ____________________________ Position: _______________________

Address: __________________________________________________________________
___________________________________________________________________________

_____________________________________________________________________________

Post Code: ________________________________

Booking reference/Order number (if applicable): ________________________________

Please return this completed application form with your full fee to:
Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU
Tel/fax: 01202 568898 email: info@heseminars.com www.heseminars.com

All courses can be booked and paid for online at www.heseminars.com
Register your details (free) and then log in to pay for any course using secure payment system.
HE WEBINARS
Check out our NEW Online CPD Webinars

AVAILABLE NOW
UK Spinal Specialists 2016
UK Strength & Conditioning Specialists 2016
Evidence Based Physical Therapy 2016

COMING LATER IN 2016
Evening Lectures
from some of the most highly respected tutors in the UK

www.hewebinars.com
“Making CPD accessible for everyone”

and

HES PODCASTS
www.hespodcasts.com
(available on iTunes)

“Each week we will be talking to some of the most respected clinicians working around the world and asking them to share not only their expertise, but also some of the challenges they overcame and the successes they achieved along the way”
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.

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 lead, 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 instigated 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.
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 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.
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 lately, 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 E USSER 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.
HE Webinars
Frequently Asked Questions

Here’s answers to some common questions to help you get started on hewebinars.com. If you have any other questions, please get in touch via info@hewebinars.com.

How do I view the session(s)?
To view the excellent content on the site, you will need an internet enabled device such as a PC, Laptop, Mac or Tablet. The bigger the screen the better so we don’t recommend using your mobile phone to view. We also recommend using a reasonable broadband connection (5mpbs or higher) rather than a 3G/4G mobile network. You may also need headphones or speakers connected so you can hear the sound and perhaps a glass or mug of something (optional).

Do I get a CPD certificate?
Yes, please click on the link at the end of the session.

Do I have to pay?
Our sessions are recorded from offline events as part of the Health Education Seminars programme. Users that attend the offline event can usually access the online content at no extra charge. Prices for viewing the content via this site varies but you can find out more at www.hewebinars.com or go ahead and subscribe to sessions here.

Do I need any software?
Each session will be streamed using some of the latest technology to make it as simple as possible for you to watch. All you need is the latest version of your web browser installed – see browsehappy.com for more information on how to check. If you are watching on a windows machine (PC or Laptop), you will need Adobe Flash Player installed – click here to check if you have this. We also recommend using a browser other than Internet Explorer – such as Firefox or Chrome – however this is not vital.

Can I use my iPad?
Absolutely, yes. (Although see above regarding the bigger the screen, the better).

What do I do if I have problems?
You shouldn’t – although as the sessions are broadcast across the internet, there are many variables that can affect your viewing experience. One of the most common is restrictions made by offices and places of work such as firewall settings and streaming preferences. If you can’t view from the office, try from home - this may solve the problem. But in the unlikely event that this does not resolve the problem, you can contact technical support here. Try to be as descriptive as possible with the problem you are having so they can help you efficiently - screen grabs / screenshots often help.

Other Questions, Comments, Feedback?
Good or bad, we welcome your thoughts and feedback on the viewing experience on this site. You can contact us via info@hewebinars.com or by calling the number below. You can also find out more about our offline CPD events with these details.

www.hewebinars.com
Tel: 01202 568898
Therapy & Sports Rehab
CPD Courses, Lectures & Workshops

Tel: 01202 568898
email: info@heseminars.com
Twitter: @heseminars

www.heseminars.com