

Discover: An Integrated Approach for Restoring Function & Relieving Pain: The Series

Date	Venue	Tutors
Thurs 12th – Sun 15th Feb 2009 (DL)	Park House, Leatherhead, Surrey	Diane Lee
Fri 20th – Mon 23rd March 2009 (DL)		LJ Lee
Fri 23rd - Sun 25th Oct 2009 (LJ)		
Fri 6th - Sun 8th Nov 2009 (LJ)		

**** The course requires attendance at all 14 days ****

DL = Diane Lee
LJL = LJ Lee

The Series Intent

The concept of The Series was devised in order to create a learning experience that allowed a more in-depth integration and building of material over the course of a year, as well as creating a learning support network. The Series also guarantees that participants will have the opportunity to take all the key 'core' courses in the Discover Physio curriculum in the same location. This ensures that not only will participants cover material for each region of the body, but they have opportunities in each module to practice advanced clinical reasoning and understand how all the regions in the body link together. By the end of the courses you will understand and have clinical tests to assess scenarios such as:

- when the subtalar joint needs to be treated to address pelvic girdle pain
- when the 5th thoracic ring is driving poor hip control and anterior groin pain
- when failed load transfer in the pelvis is contributing to recurrent hamstring injuries
- when failed load transfer in the thorax is contributing to neck pain and/or shoulder impingement

The Series is a merge of individual Discover Physio courses plus an additional special day, which is only offered with the Series during which rehabilitative ultrasound imaging will be used to reinforce the clinical assessment and training techniques taught during the Series::

- The Lumbopelvic-hip Complex
- The Lower Extremity – Integrating the Lower Limb to the Lumbopelvic Core
- The Thorax in Trunk & Shoulder Function

A section on mid-cervical segmental control and how the neck integrates with the thorax and shoulder girdle is included in the third module; in the future a fourth module will be added that will cover the head and neck in more detail.

Background

Research in the last decade has greatly increased our understanding of muscle and joint function, leading to the development of multi-modal, evidence-based approaches. The model upon which this series has evolved is evidence-based (patient centered and considers both content knowledge and clinical expertise) and addresses the interplay of multiple systems (articular, myofascial, neural and visceral) and how they impact the strategies chosen for function and performance. In this model there are no recipes and each patient is considered individually. This approach requires the clinician to be skilled in clinical reasoning, a strong focus of *The Series*. Extensive use of case studies (level 5 evidence) will demonstrate how a clinician can become a reflective practitioner and ultimately an expert in their field. Treatment techniques/protocols integrated in this model include:

- manual therapy (techniques involving many different kinds of touch i.e. direct vs listening), mobilization, manipulation (peripheral joints only), release with awareness
- exercise instruction (both for facilitation of optimal muscle patterning and then progressions into functional tasks, (from low to high levels)) and
- patient education (knowledge about the biomechanics of their current situation and the impact that their pain and brain

responses has had on their movement behaviour)

In addition, rehabilitative ultrasound imaging for both assessment of core muscle function and biofeedback during re-education as well as dry needling techniques for myofascial release will be covered. This integrated approach will be taught through the System-based classification and an integrated multi-modal model developed by Diane Lee & Linda-Joy Lee (The Puzzle) and clinically applied to the thorax, shoulder girdle, lower neck, lumbar spine, pelvis and lower extremity.

The Series Format

This series will be conducted in lecture, practical and student interactive discussion sessions and will be accompanied by an extensive course manual.

The Series Content

Briefly, this series will cover the following topics as they pertain to each of the regions.

Theory

We will discuss the:

1. Principles of the System-based classification and the multi-modal integrated approach
2. Evidence (content knowledge) and clinical hypotheses (expertise) on the biomechanics (osteokinematics, arthrokinematics) of each region
3. Evidence on strategies for how stability is achieved for the effective transference of loads while preserving the ability to move and how pain and maladaptive habits impacts the strategy chosen

Subjective History

Discuss and examine ways to better understand what has meaning for your patients so you can create a rehabilitation program that they want to actively participate in and that will meet their needs and goals. Learn what key features of a patient's story help you determine what tasks to use for strategy analysis and how to triage your assessment tests to be more efficient.

Clinical Tests

We will discuss the relevant research and practice tests which examine:

4. Static and dynamic postural and movement strategies. Learn how to identify the sites of failed load transfer and how to determine the primary driver or cause for the patients symptoms
5. From strategy analysis, you will understand how to streamline the rest of your assessment to determine the role of each of the puzzle pieces and when to assess them including the
6. Articular system analysis
7. Myofascial system
8. Neural system and
9. Visceral system.

Clinical Diagnosis/Classification

We will discuss the

10. Common patterns of dysfunction seen in each region including those of excessive compression (stiff joints, hypertonic global muscle system, joint fixation) and insufficient compression (loose joints, insufficient recruitment of the local muscle system) and a combination of both
11. Clinical reasoning required to reach a diagnosis/classification which facilitates treatment planning i.e. how to develop an effective multi-modal treatment program which is patient and condition specific – NO RECIPES

Treatment techniques

We will discuss, demonstrate and practice the following techniques:

12. Specific articular mobilisation techniques – both direct and indirect
13. Release with Awareness (Lee & Lee) techniques for hypertonicity
14. Dry needling will be integrated into this course as a demonstration for those not qualified to use dry needling and open to practice for those currently certified in their province/state/country
15. Breath work for release of the rib cage and restoration of optimal function of the diaphragm
16. Exercise Prescription – We will discuss the principles for developing an effective exercise program as well as:
17. Discuss the protocol for a prescriptive exercise program and the role of external supports such as braces, sacroiliac belts, and taping in augmenting restoration of optimal strategies for function and performance.

18. Practice exercises and strategies for restoring a neutral spine/pelvis/lower extremity/shoulder girdle position.
19. Lots of time will be spent developing sound skills for motor control and movement training to include:
 - a. use of imagery and touch for facilitation of the local muscle system. The focus will be on how to find the optimal strategy (best patient position, image, manual and verbal cues) for your patient.
 - b. cues and techniques to facilitate coordination of the local and global muscle systems during functional activities, movement behaviour training and exercises.
 - c. Clinical reasoning to decide which are the 'best' exercises for your patient

At the conclusion of this series, the participant will have an understanding of how to design a multimodal, evidence-informed treatment program which includes manual therapy, real-time ultrasound imaging, dry needling, education and exercise from early rehabilitation to functional integration - in short how to 'Solve the Puzzle'!

Course Preparation

To get the most from this course it is advised that the participant review their anatomy!

Who is this course aimed at

This course is aimed at experienced senior II, senior II and above musculoskeletal physiotherapists. All participants must have a manual therapy background and if not have thoroughly revised their manual therapy skills and clinical reasoning.

Time All days will run from 9am to 5pm with breaks in the morning and afternoon and at lunch

08.45 REGISTRATION

09.00 Start

17.00 Close

Details of all courses can be found on www.physiouk.co.uk or call / fax 020 8394 0400
