Clinical Whiplash & Neck Pain

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1st Mar 2015

Gleeson Lecture Theatre
Chelsea and Westminster Hospital
369 Fulham Road
London
SW10 9NH
Summary

Learn how you can integrate the latest, cutting edge assessment and treatment approaches into your clinical practice from a physiotherapist that specialises in whiplash. "Clinical Whiplash & Neck Pain" is a 2 day evidence-based course, presented by Chris Worsfold, Musculoskeletal Physiotherapist.

"Clinical Whiplash & Neck Pain" is based on over twenty years extensive clinical and research experience. You will gain an in depth understanding of the biomechanics, pathology and evidence-based assessment and rehabilitation of whiplash injury and neck pain.

Throughout the 2 days there will be an emphasis on research findings that are directly relevant to you, the practicing clinician.

Content

The content of the course includes:

- The Problem with Whiplash.
- Biomechanics and Pathology of Whiplash Injury.
- Muscle and Motor Control Dysfunction.
- Sensorimotor Impairment.
- Predicting Prognosis in Whiplash.

Day 2 of the course then focusses on:

- Advanced Biomechanics and Pathology of Whiplash Injury.
- Progressing Treatment.
- Managing Neck Pain.
- Radiofrequency Neurotomy.
- Case Studies, The Future of Whiplash, Questions & Discussion.
Objectives

Throughout the course, participants will:

- Develop a better understanding of the sociomedical context of whiplash injury.
- Develop a greater knowledge of the forces involved and pathologies that follow whiplash injury.
- Develop confidence in identifying what constitutes an evidence based assessment of whiplash injury.
- Develop an evidence based, clinically reasoned management plan that includes screening for poor outcome.
- Develop practical skills in assessing and managing dysfunction of motor control, oculomotor control, proprioception and postural stability.
- Develop practical evidence based treatment strategies that include taping techniques, soft tissue manipulation techniques and joint mobilisation techniques.

Preparation

There is no pre-course preparation required for this course.

Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9.00</td>
<td>The Problem with Whiplash Biomechanics and Pathology of Whiplash Injury.</td>
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<td>Introduces the controversies and complexities surrounding whiplash injury, thus highlighting the context within which we work as manual therapists.</td>
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<tr>
<td>10.45</td>
<td>Break</td>
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<tr>
<td>11.00</td>
<td>Muscle and Motor Control Dysfunction</td>
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<td>This session presents the assessment of the muscle and motor control systems.</td>
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<td>12.30</td>
<td>Lunch</td>
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<td>Recent advances in whiplash biomechanics and pathology that have important implications for the practicing clinician are presented as part of this extensive critical review.</td>
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<td>13.15</td>
<td>Sensorimotor Impairment</td>
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<td>This session presents the clinical assessment of proprioception, oculomotor control and postural stability.</td>
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Time   Activity
15.00  Break
15.15  Predicting Prognosis in Whiplash
       We will discuss ways to assess pain, disability levels, neuropathic
       pain and post-traumatic stress symptoms.
       Sensory changes following whiplash are also presented along with
       the latest research from the University of Queensland, Whiplash
       Research Unit.
16.30  Close

Day 2

Time   Activity
9.00   Review of Day One
9.30   Advanced Biomechanics and Pathology of Whiplash Injury
       The work of Professor Svensson and his team at Chalmers
       University, Sweden is presented. The clinical implications of their
       findings are discussed.
10.00  Progressing Treatment
10.30  Break
10.45  Managing Neck Pain
       This practical session presents recommendations for the
       management of neck pain, including specific manual therapy,
       taping and soft tissue manipulation approaches.
12.30  Lunch
13.15  Radiofrequency Neurotomy
       We describe and discuss this intervention and when to refer.
13.45  Managing Neck Pain (continued)
       Further techniques are presented, as a continuation of the morning
       session.
15.00  Break
15.15  Case Studies, The Future of Whiplash, Questions & Discussion
16.00  Close