Motor Control Training for Low Back & Pelvic Pain: Integrated approach to clinical assessment and treatment of motor control dysfunction

Organized by
Manipulative Therapy Specialty Group, HKPA Limited
&
Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Speakers
Professor Paul Hodges DSc PhD MedDr BPhy(Hons) FACP
Professor & NHMRC Senior Principal Research Fellow,
The University of Queensland, Brisbane, Australia

Date / Time
22 February 2013 (Friday), 6pm – 10pm
23 February 2013 (Saturday), 8am – 5pm

Venue
GH016, The Hong Kong Polytechnic University

Course Content
Please see the attached leaflet

Course Fee
HK$3000 for HKPA / MTSG members
HK$3400 for non-HKPA members
(HK$300 discount for Early Bird Registration before 25 January 2013)
Course fee for successful registration is non-refundable

Class Size
30 (Priority will be given to MTSG members with first come first served basis.)

CPD
TBC

Registration
Send registration form with
1. A stamped self-addressed envelope, and
2. A crossed cheque, payable to Hong Kong Physiotherapy Association Limited”. The name of this course, name of registrant and contact telephone number should be written at the back of the cheque and then send to:
   Nicola Mok
   ST 508, Department of Rehabilitation Sciences,
   The Hong Kong Polytechnic University, Hung Hom

Deadline of Registration: 15 February 2013. Successful registrants will be notified by via Email on 18 February 2013 (Enquiry: mtsg@hongkongpa.com.hk)
Registration Form

Motor Control Training for Low Back & Pelvic Pain: Integrated approach to clinical assessment and treatment of motor control dysfunction

22 & 23 February 2013

Name: ____________________________________________

(BLOCK LETTER, as appear in your HKPA registration)

Email address (for successful notification): ________________________________

HKPA member (Yes / No *) HKPA Membership no: ______________________

MTSG member (Yes / No *) * Please delete as appropriate.

Work Place & Unit: _______________________________________________________

Phone no.: ____________(home) ____________(office) _____________(pager / mobile)

Cheque no: ____________________________ Bank: ___________________________

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** Course fee – HK$3000 for HKPA / MTSG members & HK$3400 for non-HKPA members
Early Bird fee – HK$2700 for HKPA / MTSG & HK$3100 for non-HKPA members.

Successful registrants will be notified by 18 February 2013 via email.
Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my registration to the “Motor Control Training for Low Back & Pelvic Pain: Integrated approach to clinical assessment and treatment of motor control dysfunction”, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature: ___________________________  Name of Registrant: ___________________________

Date: ________________________________

*Please sign the above consent before submitting your registration.
MOTOR CONTROL TRAINING FOR LOW BACK & PELVIC PAIN: Integrated approach to clinical assessment and treatment of motor control dysfunction

Speaker

Prof Paul Hodges  DSc PhD MedDr BPhty(Hons)
FACP
Professor & NHMRC Senior Principal Research Fellow
The University of Queensland, Brisbane, Australia

Synopsis

This clinical workshop with present an integrated approach to Motor Control Training for low back and pelvic pain. The comprehensive and individualised approach draws on latest developments in research and practice in the field of spine control and pain. The approach provides a framework to bring together ideas from across the spectrum of contemporary approaches to exercise and motor control training for low back and pelvic pain within the biopsychosocial model.

Abstract of the course

Low back and pelvic pain are associated with motor control dysfunction. Current models of training are often overly simplistic and emphasis is placed on single elements of stability (e.g. single muscles, limited range of exercises), without consideration of the need for management of the whole person/system to optimize dynamic control of the spine and pelvis. Multiple approaches have been defined and these are generally considered to be mutually exclusive with diverging foundations.

Newer models of rehabilitation that integrate consideration of the three key elements of the muscle system, posture and movement are required. Rehabilitation of motor
control must also consider interaction between spine control/pain and the related issues of such as psychosocial problems, continence/breathing, physical fitness, sensory function and so on. Although assessment and rehabilitation of the motor control of the deep muscles (including transversus abdominis, multifidus, pelvic floor and the diaphragm) must be considered in low back and pelvic pain, a more comprehensive consideration of motor control is required. Identification of the elements of motor control that must be prioritized for the management of each individual patient is a basic premise of this individualized approach to treatment.

This course will:

- Consider the presentations of motor control dysfunction in low back and pelvic pain.
- Present an integrated model of dynamic control that considers the delicate balance between movement and stiffness that draws from multiple clinical approaches.
- Integrate contemporary models of neurophysiology of pain with motor control training.
- Consider the challenge to coordinate the multiple functions of the trunk muscles, including breathing and continence.
- Present the clinical relevance of the most current research evidence.
- Refine the clinical skills for a comprehensive assessment required to identify relevant dysfunctions in muscle activation, posture and movement.
- Present and refine the clinical skills for a comprehensive training of relevant dysfunctions in muscle activation, posture and movement.
- Discuss the barriers to clinical improvement and strategies to overcome them.
- Develop clinical strategies progress a patient from initial assessment to discharge.
- Involve problem solving session to discuss clinical reasoning in design of intervention for individual patients.
- Provide a framework to integrate the multiple clinical approaches used for Motor Control Training.
- Integrate ultrasound imaging into rehabilitation with careful consideration of pros and cons of this approach.

Key objectives of the course

- Provide participants with the skills to plan effective Motor Control Training interventions for low back and pelvic pain using the latest evidence.
- Provide an evidence-based rationale for a rehabilitation approach aimed at restoring motor control of the spine and pelvis with consideration of muscle activation, posture and movement.
- Develop clinical skill of assessment and rehabilitation of muscle activation, posture and movement in acute and chronic low back and pelvic pain.
- Provide guidelines for progression of exercise from the initial assessment to discharge from rehabilitation.
- Provide theoretical framework to facilitate communication and discussion of the approach with patients and peers.
Brief CV of Paul Hodges

Paul Hodges is a Professor and NHMRC Senior Principal Research Fellow in the Division of Physiotherapy at the University of Queensland and Director of the NHMRC Centre of Clinical Research Excellence in Spinal Pain, Injury and Health. Paul has doctorates in both physiotherapy and neuroscience and his work blends neurophysiological and biomechanical methods to understand the control of movement and stability and how this changes when people have pain. In both 2006 and 2011 Paul was awarded the ISSLS Prize from the International Society for the Study of the Lumbar Spine. This is the premier international prize for back pain research. In 2010 he received the Achiever Award from the National Health and Medical Research Council as the highest ranked Research Fellow. His primary research interests include investigation the relationship between pain and motor control; the coordination of the multiple functions of the trunk muscles; the effect of exercise in interventions on musculoskeletal pain; and the biomechanical mechanisms for control of the spine. In addition to his research in Brisbane, Paul has ongoing collaborations with laboratories in Sydney, Melbourne, Sweden, USA, the Netherlands, Denmark and South Africa. He has published more that 250 peer reviewed papers and book chapters. He has received more that $AU22 million in research grants from the NHMRC, ARC and International research funds.
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<td>6.00–6.30</td>
<td>Introduction – the issue</td>
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<td>6.30–7.30</td>
<td>Dynamic control of the spine</td>
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<td>7.30–8.30</td>
<td>Pain</td>
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<td>8.30–9.00</td>
<td>Introduction to the clinical approach</td>
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<td>9.00–10.00</td>
<td>Assessment &amp; training of muscle activation: anterior trunk muscle</td>
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<td><strong>Day 2</strong></td>
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<td>8.00–9.15</td>
<td>Assessment &amp; training of muscle activation: posterior trunk muscle</td>
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<td>9.15–9.45</td>
<td>Coordination of functions</td>
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<td>9.45–10.00</td>
<td>Coffee</td>
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<td>10.00–11.30</td>
<td>Breathing &amp; the diagram: Assessment &amp; training</td>
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<td>11.30–12.30</td>
<td>Pelvic floor muscle function: Assessment &amp; training</td>
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<td>Lunch</td>
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<td>Movement patterns and posture</td>
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<td>3.00–4.00</td>
<td>Movement patterns and posture: Assessment &amp; training</td>
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<td>4.15–6.00</td>
<td>Progression of exercise, Effects of training and evidence of training</td>
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