

Musculoskeletal Workshop - Saturday, 5 October 2019

Time	Topic	Session
0845	Introduction and welcome	
0900 – 0945	Lumbar spine <u>Plenary</u> (David Humphries) (45 min)	<ul style="list-style-type: none"> • Understand the anatomy of the lumbar spine • Understand the limitations of examination in the diagnosis of lumbar back pain (LBP). • Understand the common causes of LBP • Have an evidence based diagnostic approach to LBP including the use of examination and investigations • Be aware of yellow and red flags in assessment of LBP • Have an understanding of management principles
0945 -1000	Morning tea	
1000 – 1130	Lumbar spine <u>Skills Stations</u> (30 min)	Skill station #1. Exercises for lumbar spines- incl core stability (Lia Giovanovits)
		Skill station #2 Examination of the lumbar spine (Linda Clow)
		Skill station #3 Radiology and diagnostic skills (David Humphries)
1130 – 1200	Shoulder <u>Plenary</u> (Steve Reid) (30 mins)	Have a diagnostic & management approach to the painful shoulder
1200 - 1230	Lunch	
1230 -1400	Shoulder <u>Skills Stations</u> (30 min)	Skill station #4 Neck & shoulder pain – physio perspective (Lia Giovanovits)
		Skill station #5 Shoulder diagnosis & treatment- quiz discussion (Steve Reid)
		Skill station #6 Shoulder examination & injection (David Humphries)
1400 – 1440	Knee <u>Plenary</u> (Steve Reid) (40 mins)	Have a diagnostic & management approach to the painful knee including: a) acute trauma b) anterior knee pain Have a diagnostic and management approach to the swollen knee.
1440 - 1500	Afternoon tea	
1500 - 1650	Knee <u>Skills Stations</u> (40 min)	Skill station # 7 Knee radiology & diagnosis (Steve Reid)
		Skill station # 8 Practice examining knees & taping for chondromalacia patellae (Linda Clow)
		Skill station # 9 Injection and aspiration of the knee joint (Paul Scott)
1650 - 1700	Evaluation & Close	