



Complex Regional Pain Syndrome Study day for Therapists

Saturday 18th June 2016

PROGRAMME

Fee: £90.00

Maximum number of candidates: 30

Venue:

The Sid Watkins Building, Training & Development department, Walton Centre Foundation Trust, Lower Lane, Liverpool, L9 7AL

Who Should Attend:

Physiotherapists and Occupational Therapists who have an interest in management of CRPS.

Course Aims:

The day aims to provide clinicians with advanced knowledge, principles and practical skills to help manage CRPS in general physiotherapy practice, within an acute orthopedic setting, general outpatients or a chronic pain setting. A suggested pre course reading list will be circulated.

Programme:

09.30-09.50 Introduction: - (*Dr Andreas Goebel*)

09.50-10.10 Guidelines: What is new? - (*Ms Selina Johnson*)

10.10-10.50 Key note Speech
'Body perception disturbance' (*Dr Jenny Lewis*)

10.50-11.10 Tea / Coffee Break

11.10-11.30 Acute physio and RX -key issues and overview.
(*Ms Fiona Cowell & Ms Sharon Gillespie*)

11.30- 12.10 Chronic physio and treatment -key issues and overview. (*Ms Selina Johnson*)

12.10-13.00 Lunch Break

13.00-15.00 Practical workshops

Group 1

- a. Treatment for Sensory changes: desensitisation, sens acuity (*Ms Jo Gibson, Ms Sharon Gillespie & Ms Fiona Cowell*)
- b. Cortical re-education techniques: mirror, laterality (*Ms Sharon Gillespie & Ms Fiona Cowell*)

Group 2

- c. Mindfulness and body scan (*Ms Alix White*)
- d. PMP: how and for who and when? (*TBC*)

15.20-15.40 Tea / Coffee Break

15.40-16.00 Current research and what's new? (*Dr Andreas Goebel*)

16.00-16.20 What's out there/good for patients? (*Patient representative*)

16.20 Final session and close:

Faculty:

Ms **Fiona Cowell** Physiotherapist Royal Liverpool & Broadgreen Hospital, Liverpool.

Ms **Jo Gibson** Physiotherapist Royal Liverpool & Broadgreen Hospital, Liverpool

Ms **Sharon Gillespie** Physiotherapist Royal Liverpool & Broadgreen Hospital, Liverpool

Dr **Andreas Goebel**, Consultant in Pain Medicine, Walton Centre, Liverpool.

Ms **Selina Johnson**, Specialist Physiotherapist in Pain Management and Neuromodulation, Walton Centre, Liverpool.

Dr **Jenny Lewis**, Clinical Research Occupational Therapist Royal United Hospitals Bath NHS

Ms **Alix White**, Senior Occupational Therapist, Walton Centre, Liverpool.

Course Organising Committee

Ms Fiona Cowell

Ms Jo Gibbons

Ms Sharon Gillespie

Dr Andreas Goebel

Ms Selina Johnson

Pain Relief Foundation Staff

Mr **David Emsley**, Administrator

Mrs **Julie Williams**, Assistant Administrator, Pain Relief Foundation

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