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)

c. 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:

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**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.

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**Course Organising Committee**

Ms Fiona Cowell
Ms Jo Gibbons
Ms Sharon Gillespie
Dr Andreas Goebel
Ms Selina Johnson

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**Pain Relief Foundation Staff**

Mr **David Emsley**, Administrator
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