

The Neck: Clinical Rehabilitation

Chris Worsfold MSc PGDipManPhys MCSP MMACP
Physiotherapist specialising in Neck Pain

Tutor

Chris is a full time Musculoskeletal Physiotherapist, specialising in neck pain. He set up Kent Neck Pain Centre in Tonbridge, Kent in 2010. He is a popular and in-demand public speaker and very regularly presents his work to students, health professionals and lawyers in schools, NHS Hospitals, private clinics and at national conferences. His latest publication (2014) on an evidence-based approach to whiplash medico-legal reporting (Journal of Forensic and Legal Medicine) has been described as 'unquestionably original', 'ground-breaking' and latterly as 'very nice work' by whiplash authority Robert Ferrari. He has an expert witness medico-legal caseload, representing the Chartered Society of Physiotherapy (CSP) in Parliament in 2013. He has also represented the CSP on the Ministry of Justice Whiplash Reform Working Group (2014) – tasked with reforming the whiplash medico-legal reporting system in England and Wales – and as a Director of MedCo (2015) (<http://www.medco.org.uk/>). He has appeared on BBC1, BBC2, BBC Parliament, BBC Radio 4 and in the national press discussing whiplash injury.

Course Description

Learn how you can integrate the latest, cutting edge assessment and treatment approaches into your clinical practice from a physiotherapist that specialises in neck pain. "The Neck: Clinical Rehabilitation" is a 2 day evidence-based course based upon thirty years extensive clinical and research experience. You will gain an in depth understanding of the biomechanics, pathology and evidence-based assessment and rehabilitation of neck pain. Throughout the 2 days there will be an emphasis on research findings that are directly relevant to you, the practicing clinician. You can become the neck pain expert in your department!

Reviews from previous courses:

"He was probably one of the best speakers I have heard. Professional, informative, relaxed, well paced, fun, pertinent, clinically-based, practical, conceptual."

"Brilliant course. Great evidence base"

"Very thorough research presented in a very understandable way. Passionate, accomplished & comfortable with his subject."

"Excellent course, it has totally changed my approach"

"He's a fabulous speaker to listen to and just seemed to clarify and bring together some of those more difficult clients."

"Very practical techniques"

Fee: £250 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 15hrs).

The Neck: Clinical Rehabilitation

Day 1

- 9:00-9:30** **Introductions**
- 9:30-10:00** **Do No Harm:** Red flags, cervical myelopathy, Canadian C-Spine Rule (excluding fracture), Cervical Arterial Dissection (CAD)
- 10:00-10:30** **Whiplash Injury:** kinematics, biomechanics & pathology
- 10:30-10:45** **Break**
- 10:45-12:30** **Muscle and Motor Control Dysfunction.** This session presents the assessment of the muscle and motor control systems
- 12:30-1:15** **Lunch**
- 1:15-3:00** **Sensorimotor Impairment.** This session presents the clinical assessment of proprioception, oculomotor control and postural stability
- 3:00-3:15** **Break**
- 3:15-3:45** **Towards an Evidence-Based Clinical Examination of the Cervical Spine**
- 3:45-4:30** **Predicting Prognosis in Whiplash & Neck Pain:** Assessing risk of poor recovery & introducing the role of 'central sensitisation', stress, fear & catastrophising.

Day 2

- 9:00 - 9:30** **Day 1 review**
- 9:30 – 10:30** **Progressing Treatment (Sensorimotor, Muscles & Motor Control):** including an introduction to group based approaches to neck pain
- 10:30-10:45** **Break**
- 10:45-12:30** **Managing Neck Pain.** This practical session presents recommendations for the management of neck pain including specific manual therapy and soft tissue manipulation approaches
- 12:30-1:15** **Lunch**
- 1:15** **Physiotherapy & Neck pain:** What is the evidence base for effective clinical practice?
- 1:30-3:00** **Managing Neck Pain (continued)** Further techniques are presented, as a continuation of the morning session.
- 3:00-4:00** **Case Studies** – putting it all together.

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