

2 Days Hands-on workshop on - Problem based functional approach in Subacromial Impingement Syndrome (SIS)

Instructor:

M.NAGARAJAN, MPT

Musculoskeletal & Sports Physiotherapist
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Programme Description: Recent evidence development emphasizes conservative management which is targeted towards the contributing factors which are relevant to biomechanical patterns. This workshop is aimed to improve the evidence informed best physiotherapy practice among the participants by addressing effective biomechanical approaches in assessment and management of SIS.

Programme Objective:

- To introduce the biomechanical (functional) oriented multifactorial physiotherapy management approaches in the treatment of subacromial impingement syndrome.
- To improve the hands-on physical therapy evaluation and physiotherapy diagnosis (decision making) skills based on evidence informed SIS clinical patterns.
- To improve hands-on application of evidence informed integrated neuromusculoskeletal therapeutic skills focusing short and long term functional recovery in SIS.





Programme Outcome: After the workshop the participants will be able to

- practice the basic and advanced functional (biomechanical) assessment in their routine clinical practice
- appropriately estimate the biomechanical (pathomechanical) contributions specific to problems associated with SIS and able to make appropriate clinical decisions towards functional recovery of patient with SIS
- able to plan and deliver appropriate functional (biomechanical) management through integrated neuromusculoskeletal therapeutic skills to patient with SIS
- able to reassess and modify the intervention within the scope of practice and, make appropriate referral for multidisciplinary health care services.

Prerequisite: Participants are expected to be familiar with sufficient shoulder girdle anatomy, biomechanics and basic clinical sciences of subacromial impingement syndrome, since this will be an advanced clinical oriented hands-on workshop. To maximize benefits of this workshop the understanding of the above would be highly necessary. Participants are required to be models to facilitate an understanding of technique taught during hand-on sessions. Appropriate attire is appreciated (both for Male & Female).

Target population: Musculoskeletal physiotherapists, Postgraduate musculoskeletal physiotherapy students & experienced primary physiotherapy clinicians. (This module is available in 3 days module option, for undergraduate interns and fresh physiotherapy graduates with basic pre-clinical and clinical science theory and practical lessons)

Programme Details:

Time	Day 1	Day 2
8.30 am to 09.00 am	Meet & Mingle	Mx Plan (Case Study_1 / Real-time SIS patient)
9.00 am to 10.30 am	Clinical anatomy & Evidence informed pathomechanics and clinical patterns of SIS	Hand-on treatment skill training: SIS specific selective articular treatment methods  (Maitland & Mulligan)
10.30 am to 10.55 am	Morning Tea Break	Morning Tea Break
11.00 am to 1.00 pm	Hands-on assessment skill training: SIS specific shoulder girdle evaluation  (Movement observation & Palpation)	Hand-on treatment skill training: SIS specific Neuromuscular facilitation  ...& more (Part 1 – Inhibition Mx)
1.00 pm to 1.55 pm	Lunch Break	Lunch Break
2.00 pm to 3.30 pm	Hands-on assessment skill training: SIS specific shoulder girdle evaluation  (Functional palpation)	Hand-on treatment skill training: SIS specific Neuromuscular training (Part 2 – Functional specific strength & conditioning Mx tips)
3.30 pm to 4.30 pm	Hands-on assessment skill training: SIS specific arthrokinematic testing and provocative test recommendation.	Clinical problem solving - Case study_1 or Real-time case Rx (if available)
4.30 pm to 4.44 pm	Evening Tea Break	Evening Tea Break
4.45 pm to 5.30 pm	Case Study_1 (PBL) or Real-time SIS patient assessment (if available)	Clinical problem solving - Case study_1 or Real-time case Rx (if available)

Instructor Profile

M.NAGARAJAN, MPT

PhD Candidate – Centre for Musculoskeletal Research
Griffith University, Australia

Mr Nagarajan has done his Under-graduate Physical Therapy degree from The Tamilnadu Dr. MGR Medical University, Chennai in 1999 & Musculoskeletal and Sports Physiotherapy Post-graduation at Rajiv Gandhi University of Health Sciences, Bangalore in 2005.



He in his long musculoskeletal physiotherapy academic and clinical career (14+ years) has worked as Asst. Professor at Fr Muller Medical College, Mangalore, as a Lecturer at MAHSA University College, Malaysia and was Lecturer and Head of Physiotherapy Program at INTI International University in Malaysia. He has collaborated with the international teaching programs from Northumbria University (UK) as well as Laureate International University (USA) while working in Malaysia. He is currently pursuing his research career at the Musculoskeletal Research Centre at Griffith University, Australia. He has conducted numerous workshops in Malaysia and India.

He has to his credit sound post-professional musculoskeletal and sports physiotherapy skill training under various international musculoskeletal & sports physiotherapy expertise from Australia, USA, UK and Germany. His greatest strengths are the implementation of sound evidence based physiotherapy practice that he achieved with intense exposure with Cochrane Collaboration, PEDro and Clinical Research Malaysia into clinical practice education. His post-professional certification in higher education methodologies include case study, problem based and portfolio based teaching methodologies through that he implements skilled blended and classroom learning.

His vast area of clinical-research expertise and interest includes clinically challenging chronic musculoskeletal pain syndromes such as sub-acromial impingement, tennis elbow, non-specific lumbo-pelvic pain, osteoarthritis of knee and anterior knee pain syndromes, cervicogenic headaches and other chronic tendinopathy. He has authored 13 scientific research papers in internationally and nationally renowned journals, and 6 abstracts in International conference proceedings. Presented several research papers, workshops, symposiums and invited plenary session at National and International levels.

He is one of the Associate Editorial board members of Journal of Physiotherapy (JPT) and current Peer-review panel member of International journal of Therapy and Rehabilitation, UK and Malaysian Journal of Orthopaedics.

He is a Life member of numerous associations such as Indian Association of Physiotherapist (IAP), permanent member of International Society of Physiotherapy Journal Editors (under WCPT) and International Network of Spinal Cord Injury Physiotherapist. He was an Ex-member International Association of Study on Pain (IASP) and IASP special interest group – “Movement & Pain” and few more.

Date: 18 – 19 Jan 2014, Saturday and Sunday

Time: 9:00 am – 5:00 pm

Fee: \$2,500, 10% discount for registration before 30 Nov 2013.

For interested candidate, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Rm 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok. Please feel free to contact Mr. LAU at 2111 2880 / on.lau@hemaxhealth.com for any questions.

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