

“Brilliant course. Great evidence-base.”

# The Neck: Clinical Rehabilitation

**CHRIS WORSFOLD**

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Physiotherapist specialising in Neck Pain

This is a time of great change in the management of musculoskeletal pain and injury. Whilst research has shown the limitations of hands-on manipulative approaches, clinicians are also recognising how psychological factors influence treatment and recovery.

But where do you start? How do you put the latest clinical research into practice? How do you decide whether to prioritise physical or psychological approaches in your clinical work?

On **“The Neck: Clinical Rehabilitation”** you will learn:

- The latest, cutting edge assessment and treatment approaches.
- A person-centred approach that refers to the evidence base but at the same time acknowledges the narrative of the patient.
- Novel ‘hands on’ techniques and approaches to use in your clinic immediately after completing the course.

**You can become the neck pain expert in your clinic!**

Visit [www.chrisworsfold.com/speaking](http://www.chrisworsfold.com/speaking) now to book your place.

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

*“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”*

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## Tutor: **Chris Worsfold**

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. He represented the Chartered Society of Physiotherapy (CSP) in Parliament in 2013 and on the Ministry of Justice Whiplash Reform Working Group (2014) – tasked with reforming the whiplash medico-legal reporting system in England and Wales. He has appeared on BBC1, BBC2, BBC Parliament, BBC Radio 4 and in the national press discussing neck pain.



*\*Timetable structure and content may be subject to change*

# The Neck: Clinical Rehabilitation

## DAY 1

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

## DAY 2

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

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