



## **The British Institute of Musculoskeletal Medicine Upcoming Events 2016/17**

**19<sup>th</sup> October**

### **Injection RoadShow**

**Venue: Blackberry Clinic, Milton Keynes.**

The one day BIMM workshop 'Soft Tissue Examination & Injections', it offers experiential learning with a high tutor to learner ratio (no more than 1:6) and is suitable for general practitioners, GP registrars and hospital doctors beginning or considering a career or special interest in musculoskeletal medicine. Physiotherapists, nurse and osteopathic practitioners have also found much value in these courses in the past. This course is based around a series of workstations through which participants rotate, learning surface anatomy, examination skills, indications for injection, needle placement (with practice on models) and safety issues.

**17<sup>th</sup> November**

### **Lumbar Transforaminal Epidural & SI Joint Course**

**Venue: Blackberry Clinic, Milton Keynes**

This course will provide practical instruction for MSK, SEM and trainee pain Physicians to enable them to expand their practice to encompass fluoroscopically guided spinal injections. Delegates are required to be proficient in peripheral injections before attending. The course provides a good grounding in anatomy, needle skills and practical considerations. Procedures covered include transforaminal epidurals at L2-5 and S1 along with sacroiliac injections. The use of injection phantoms as an alternative to cadavers makes this course unique in the UK.

**24<sup>th</sup> November**

### **Monthly MSK Meeting**

**Royal London Hospital for Integrated Medicine**

Dr Helmut Roniger will be talking about Back Pain  
Jonathan Hearsey, Clinical Lead in MSK department at the hospital, will chair these monthly meetings which will consist of short presentations by invited speakers and a concluding case presentation.

**3<sup>rd</sup> December**

### **BIMM Winter Symposium**

**"Exercise and Musculoskeletal Medicine- the way forward"**

**Venue: Jurys Inn Hotel Brighton Waterfront.**

The meeting will not only focus on the concept of patient empowerment by the teaching of behavioural strategies to encourage both recovery from injury and the maintenance of good general or musculoskeletal health to the benefit of the individual and community resources but also where, how, when and by whom should MSK services be best delivered when homeostatic mechanisms break down and active intervention is required.

**26<sup>th</sup> January**

### **Prolotherapy Workshop**

**Venue: Blackberry Clinic, Milton Keynes**

This course will provide practical instruction for MSK, SEM and pain Physicians to enable them to expand their practice to encompass prolotherapy injections which enhance intervertebral stability by fluoroscopically guided injections of hypertonic dextrose into ligament attachments in the lumbar spine and sacroiliac joints. Use is made of injection 'phantoms' in practical workshops. Discussion will also centre on research into the effectiveness of prolotherapy and the design of a comprehensive study which is underway.

**11<sup>th</sup>/12<sup>th</sup> February BIMM Spinal Course**

**Venue: LCOM, London**

A 2-day intensive upskill course for GPs, GPSIs, ESP physiotherapists and specialists in MSK Examination and assessment of spine – Cervical, thoracic, lumbar and pelvis Diagnosis and management Simple manual treatments, self-help measures, interventions, interdisciplinary management. This course is practical and demands active participation.

**13<sup>th</sup> May 2017**

**BIMM Spring Symposium**

**Burleigh Court Hotel, Loughborough**

Interdisciplinary approaches to Back Pain - a fully interactive day of workshops, lectures and case presentations focused on sharing best practice and increasing your skills to manage your patients and work within the multidisciplinary team setting.

***Information and booking forms available from [www.bimm.org](http://www.bimm.org) or Email [info@bimm.org.uk](mailto:info@bimm.org.uk)  
Or call Deena on 0208 421 9910***