

## BSRM National Musculoskeletal Medicine and Rehabilitation course

11<sup>th</sup>-13<sup>th</sup> Feb 2019, Leeds

Registration: Book via BSRM <https://www.bsrn.org.uk/events/bsrm-events>

This 3-day course is aimed at physicians managing non-inflammatory musculoskeletal conditions and will appeal to those in Rehabilitation Medicine, Sport and Exercise Medicine, Rheumatology, Pain Medicine, Radiology, Orthopaedics & General Practice. The comprehensive course aims to cover both basics and advanced skills in musculoskeletal medicine and rehabilitation for those in training and established specialists in the area. Physicians who manage secondary musculoskeletal complications in their non-MSK practice are also likely to find the course useful.

### DAY 1 (11<sup>th</sup> Feb)

#### AM – UPPER LIMB

9.25 am	<b>Welcome</b>	Rory O'Connor
9.30 – 10.15 am	<b>Shoulder:</b> Applied anatomy, common conditions and rehabilitation principles	Marwan Al-Dawoud
10.15 – 10.45 am	<b>Elbow:</b> Applied anatomy, common conditions and rehabilitation principles	Craig Zalecki
10.45 – 11.15 am	<b>Hand and wrist:</b> Applied anatomy, common conditions and rehabilitation principles	Surendra Bandi
11.15 – 11.30 am	Tea Break	
11.30 – 12.45 pm	<b>Practical workshop:</b> Examination techniques and ultrasound for diagnosis and interventions	All three speakers

#### LUNCH

#### PM – LOWER LIMB

1.15 – 1.45 pm	<b>Hip:</b> Applied anatomy, common conditions and rehabilitation principles	Moheb Gaid
1.45 – 2.15 pm	<b>Knee:</b> Applied anatomy, common conditions and rehabilitation principles	Yomi Salawu
2.15 – 2.45 pm	<b>Ankle and foot:</b> Applied anatomy, common conditions and rehabilitation principles	Manoj Sivan
2.45 – 3.15 pm	Tea Break	
3.15 – 4.30 pm	<b>Practical workshop:</b> Examination techniques and ultrasound for diagnosis and interventions	All three speakers

## DAY 2 (12<sup>th</sup> Feb)

### AM - SPINE

9.30 – 10.15 am	<b>Spine:</b> Applied anatomy, common conditions and rehabilitation principles	Prasad Venkat
10.15 – 10.45 am	<b>Segmental dysfunction</b>	Martyn Speight
10.45 – 11.15 am	<b>Spinal interventions</b> for radiculopathy	Simon Petrides
11.15 – 11.30 am	Tea Break	
11.30 – 12.30 pm	<b>Practical workshop:</b> Examination techniques	All three speakers

LUNCH

### PM – MOVEMENT SCIENCE

1.00 – 4.30 pm	<b>Motion analysis lab</b> , Faculty of Biological Sciences lab	Ronaldo Ichiyama and Sarah Astill
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## DAY 3 (13<sup>th</sup> Feb)

### AM – PAIN & OTHER TOPICS

9.15 – 10.00 am	<b>Pain management - basics</b>	Manoj Sivan
10.00 – 10.45 am	<b>Fibromyalgia and Chronic Fatigue Syndrome</b>	Tarek Gaber and Shimas Salih
10.45 – 11.30 am	<b>Neuromodulation</b>	Sheila Black
11.30 – 11.45 am	Tea Break	
11.45 – 12.15 pm	<b>Exercise prescription</b>	Abdul Rasheed
12.15 – 12.45 pm	<b>Muscle as endocrine organ</b>	Yomi Salawu

LUNCH

1.00 – 2.00 pm	<b>Inflammatory MSK conditions</b>	Gui Tran and Mohan Mariappan
2.00 – 4.30 pm	<b>Practical workshop and US techniques as per individual delegate requirements</b>	All speakers