

MODERN MANAGEMENT OF NECK & SHOULDER PAIN

Instructed by: Eric Purves

Date: October 21st & 22nd, 2023

Time: 9 AM – 5 PM

Location: Edmonton

*Vicars School of Massage Therapy
2828 Calgary Trail, Edmonton, AB*

MTAA Approved for 16 primary credits

This 2-day course promises to deliver an outstanding learning experience. Attendees will learn how to use an evidence-based framework to achieve better outcomes in the treatment and management of clients who suffer with acute and chronic neck and shoulder pain. An understanding of current pain science, combined with massage and manual therapy research is provided so clinicians can learn biopsychosocial clinical reasoning principles. The primary objective is for you to receive the current best evidence and rehabilitation strategies so you can obtain better outcomes with your clients.

This course provides the opportunity to learn how better communication skills, manual therapy interventions, movement modifications and therapeutic exercises can be implemented within RMT scope of practice to improve patient outcomes.

Course Delivery

Lecture, discussion, observation, practical exercises with case studies in partners and small groups will be used to emphasize key learning objectives.

Learning Objectives

- Understanding of current evidence-based frameworks on persistent pain to enhance practice, improve outcomes, and decrease practitioner stress
- Distinguishing between tissue health, biomechanics and psychosocial factors and their role in pain, exercise and rehabilitation.
- Applications of existing manual therapy and movement skills can be effectively modified to improve patient outcomes
- Increase utilization of exercise prescription for self-management and to improve participants abilities to teach self-management/exercise to their clients.
- Practicing key principles in forming a therapeutic relationship through client interaction and contextual effects
- Improve understanding of various presentations for pain and dysfunction in the neck and shoulder
- Improve and refine assessment and treatment strategies for the neck and shoulder
- Understand differences when treating mechanical sensitivity, central processes and recognizing when to refer to other healthcare providers.
- Learn how current evidence can be applied to improve treatment outcomes
- Improve abilities to apply a combination of manual therapies, movement, and exercises for a variety of patient presentations

Course Pricing

Early Bird Price	<i>available for a limited time for MTAA members only</i>	\$525 plus GST
MTAA Member Price		\$550 plus GST
Non-Member Price		\$600 plus GST

*Courses are non-refundable and non-transferable

About Eric Purves



Eric Purves MRSc, RMT has been an RMT since 2006. He is a member of the education faculty at PainBC where he teaches a course on chronic pain management. Eric has his own education company where he has instructed over 90 workshops across the world on pain, manual therapy, movement/exercise therapies and rehabilitation principles for musculoskeletal health care providers.

His graduate studies at the University of British Columbia focused on knowledge translation and the application of research evidence into healthcare practice. Eric has presented his research at conferences and regularly publishes articles in various massage therapy journals.

REQUIREMENTS TO ATTEND

Students that attend this course are required to bring the following:

1. Indoor shoes.
2. Bottled water for each day.
3. Linens: All students must **bring 2 sheets and 2 towels** to use during the course. Hand towels are sufficient for this course.
4. All students are asked to dress comfortable enough to move around while participating.