



Body Image, Midline & Central Pain Presentations

2.6 Day Course

Sean Gibbons

BSc. (Hons) P.T., MSc. Ergonomics, PhD (c), MCPA

Yes We Can!

**Treatment of Central Pain is Very
Possible when you know identify
the underlying mechanisms**

**There are more options besides
addressing Psychology or
Pain Physiology Education**

**Body Image Pain
A new pain mechanism!
Easy to Treat!**

Course Description

The brain needs to know what is happening in the body. It gets this information from sensory feedback. When this information is deficient the brain will change its behaviour to get this information. When it is absent, significantly inaccurate or cannot be processed, musculoskeletal symptoms can result. It is now clear that our virtual brain and body image are involved in pain states. In some cases they can be a primary cause of the pain state

We will cover how to assess for a disrupted body image using original screening tools developed by SMARTERehab for the diagnosis of central body image pain and a physical assessment of a battery of midline testing. Evidence based treatments will be covered in detail. These involve specific sensory training and the neurodevelopmental process whereby we learn how our midline and body image. This is through the primitive and postural reflexes that guide our movement and the sensory systems that are used during this process. \

We have researched a clinical prediction rule for widespread central sensitization and developed rehabilitation strategies based on the underlying mechanisms.

You will leave with a clear understanding of when to apply the clinical prediction rule, and assessment strategies for altered body image, along with the appropriate subjective history, physical examination and outcome measures to use. You will be able to develop a rehabilitation program for clients with altered body image or central sensitization and have appropriate progressions and problem solving strategies.

**There are no pre-requisites for this course.
The Sub-classification course is recommended,
but not required. It is available online:
www.smarterehab.org**

Course Objectives: The participant will be able to:

- Understand midline, altered body image, central sensitization and their role in pain states
- Use a clinical prediction rule of self report and physical examination items to diagnose central sensitization
- Be able to assess for midline, altered body image & Musculoskeletal Body Image Pain
- Appreciate the role of the sensory system and the developmental process in midline, body image and pain
- Develop a rehabilitation program for body image disorders and central sensitization with appropriate starting points and progressions

Facilitator

Sean Gibbons graduated from Manchester University in 1995. He has been rehabilitating movement patterns and chronic pain for over 20 years. His PhD was on the development of a prescriptive clinical prediction rule for specific motor control exercises in low back pain. Key new sub-classifications were identified: Neurological Factors, which are related to extremely poor movement and the ability to learn to coordination exercises; Midline as a sensory system which is critical to Central Body Image Pain; and Neuro-Immune-Cardiometabolic-Endocrine dys-regulation, which is critical for Central Sensitization and Psychosocial Factors. His current work follows this and aims to further understand the mechanisms of non mechanical pain and the Individual Factors influencing treatment. His dissection and research into psoas major, gluteus maximus and other muscles has led to the development of new rehabilitation options. He has presented his research at national and international conferences and has several journal publications and book chapters on related topics. He is an Assistant Clinical Professor (Adjunct) at McMaster's Advanced Orthopaedic Musculoskeletal / Manipulative Physiotherapy specialization and lectures at Manchester Metropolitan University's Masters in Advanced Physiotherapy program.

Registration Form (Please Print Clearly)

Name: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

Physiotherapy Reg # _____

Course: Body Image_Thunder Bay_Nov_2017

Note: SMARTERehab reserves the right to cancel a course at any time. In the event that SMARTERehab cancels a course, your registration fee will be refunded in full. SMARTERehab reserves the right to accept course applicants.

Cancellation Fee: A 25% administration fee will be charged up to the registration deadline for refunds. No refunds will be granted after this date.

Video & Audio recording is not permitted

Copyright: Participants will be required to agree to reference SMARTERehab original ideas in teaching, presentations or publications

Payment Method: (Amount) _____

- Cheque enclosed (payable to SMARTERehab)
- Visa / MC (AMEX is not accepted)
- Discount rate applies: category _____
- I want to pay in two instalments

Cardholders Name _____

Card Number _____

Expiration Date _____

Signature _____

- I have read & accept the above terms

Course Fee: \$580

10% discount for:

- Group: 3 or more registrants from same company (Must register together as a group at the same time)
- Early Bird: register by Sept 8, 2017 (payment not processed until Nov)
- New Physio Grads 2016 or 2017 (cannot be combined together)

Paying yourself?

Pay in 2 instalments: Nov 2017 & March 2018
(Does not apply if use discount rates)

30% discount if Repeating the course?

(only available after the course deadline:
cannot be used in conjunction with above
Email if interested to get on the list)

Date: November 17-19, 2017

Time: Fri: 2:00p.m. - 8:00p.m.
Sat: 8:30a.m. - 4:30p.m.
Sun 8:30a.m. - 4:30p.m.

Registration Deadline: Nov 10, 2017

Course Organizer: For more info contact
Sean Gibbons @ 709-771-0909 or
email: stabilityphysio@gmail.com

Location: Fairway Physiotherapy
620 Arthur St. W
Thunder Bay, ON P7G 1B8
Ph: (807) 344-5242

Send Payment To:
SMARTERehab
48 Bannister Street, Suite 101A
Mount Pearl, NL A1N 1W1
Or Fax: 709 702 0699

Check Us Out

<https://www.facebook.com/SMARTERehab>

Blog: <http://smarterehab.blogspot.ca>

Publications:

www.researchgate.net/profile/Sean_Gibbons/publications

www.smarterehab.org

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WHAT WILL YOU GET FROM THIS COURSE THAT YOU MAY NOT ALREADY HAVE?

Body Image

We will show you how to assess for body Image disorders and rehabilitation strategies which can be applied to a wide range of other conditions and clinical presentations.

Musculoskeletal Body Image Pain

Why do people have:

- Complex, bizarre pain, whole limb pain or paraesthesia?
 - Get all their symptoms on one side of their bodies?
 - Feel swelling when there isn't any?
 - Have one sided fatigue, heaviness or other bizarre musculoskeletal-like complaints?
- We'll show you why, explain it and give you easy to use rehab options

Clinical Prediction Rule for Diagnosis of Central Sensitization

Our evidence based clinical prediction rule will allow you to make a diagnosis of central sensitization with confidence.

Rehabilitation of Central Sensitization

We will provide you with new evidence based treatments which address the underlying mechanisms.

Midline As a Sensory System

We have researched and developed the concept of midline as sensory system. Find out what it is and how to assess & rehab it.

Accurate Sub-classification to know who will respond to the rehab!