

# SPARSH SPINE COURSE - 2012

## ADVANCES IN THE NON-SURGICAL MANAGEMENT OF LOW BACK PAIN

A two-day evidence-based workshop with  
a strong focus on clinical reasoning for physiotherapists.

20th & 21st OCTOBER 2012



### COURSE DIRECTOR

Dr. Sharan Patil  
MS, MCh (Liverpool), FRCS (England)  
Chairman and Chief of Orthopaedics,  
SPARSH Hospital, Bangalore

### COURSE COORDINATOR

Dr. Thomas Kishen  
D'Ortho, DNB, Fellowship in Spine Surgery  
Adult and Paediatric Spine Surgeon,  
SPARSH Hospital, Bangalore

## INTERDISCIPLINARY FACULTY

- Dr. Rob Boland, F.A.C.P, PhD, GradDipAppSc (Manip. Phty), BAppSc (Phty), Specialist Musculoskeletal Physiotherapist, Lecturer, Discipline of Physiotherapy, The University of Sydney, Australia
- Mr. Tamer Sabet, F.A.C.P, MHSc (Manip. Phty), BAppSc (Phty), GradDipSprtMnlTh, Specialist Musculoskeletal Physiotherapist, Sydney Spine Physio, Sydney, Australia
- Ms. Sally Garis, M. Manual Thrpy, BAppSc (Phty), Musculoskeletal Physiotherapist, Sydney Spine Physio, Sydney, Australia
- Dr. Thomas Kishen, MBBS, DNB, D'Ortho Paediatric and Adult Spine Surgeon, SPARSH Hospitals, Bangalore, India

## WORKSHOP CONTENTS

### DAY 1 - October 20, 2012

0800	Registration
0830	Welcome and Workshop Opening
0845	Global Trends and the Natural History of Low Back and Leg Pain
0915	The Body Chart and History
1000	Lumbar Spine Conditions and Radiology
1030	<b>MORNING TEA</b>
1100	Diagnostic Triage for Low Back and Leg Pain
1200	Case Presentation and Clinical Reasoning with Panel Discussion
1300	<b>LUNCH BREAK</b>
1400	Breakout Room 1 : Clinical Examination Essentials (single plane and combined movement assessment, functional assessment)
	Breakout Room 2 : Neurological Examination
	Breakout Room 3 : Neural Provocation Assessment
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	Breakout Room 2 : Neurological Examination
	Breakout Room 3 : Neural Provocation Assessment
1700	<b>CLOSE OF DAY 1</b>

## WORKSHOP CONTENTS

### DAY 2 - October 21, 2012

0830	Case Presentation and Clinical Reasoning with Panel Discussion
0930	Breakout Room 1 : Differentiating Lumbar Spine, Sacroiliac Joint, and Hip Pain
	Breakout Room 2 : Manual Examination of the Lumbar Spine
	Breakout Room 3 : Selecting an Appropriate Manual Therapy Intervention
1030	<b>MORNING TEA</b>
1100	Breakout Room 1 : Differentiating Lumbar Spine, Sacroiliac Joint, and Hip Pain
	Breakout Room 2 : Manual Examination of the Lumbar Spine
	Breakout Room 3 : Selecting an Appropriate Manual Therapy or Motor Control Intervention
1200	Breakout Room 1 : Differentiating Lumbar Spine, Sacroiliac Joint, and Hip Pain
	Breakout Room 2 : Manual Examination of the Lumbar Spine
	Breakout Room 3 : Selecting an Appropriate Manual Therapy Intervention
1300	<b>LUNCH BREAK</b>
1400	Evidence Informed Non-surgical Treatments for Low Back and Leg Pain
1430	Other Non-Surgical and Surgical Options for Low Back and Leg Pain
1530	Case Presentation and Clinical Reasoning with Panel Discussion
1630	<b>CLOSE OF WORKSHOP</b>

## WORKSHOP OBJECTIVES

1. To understand and describe the natural history of common lumbar spine conditions and the relevant radiological investigations.
2. To describe the contemporary diagnostic triage for low back pain and associated leg symptoms.
3. To demonstrate the essential clinical examination components required for effective diagnostic triaging including but not limited to the following:  
singular and combined movements, functional tests, neural provocation tests, neurological examination, SIJ and Hip screening tests and Manual Examination of the Lumbar Spine.
4. To demonstrate the clinical reasoning processes required supporting the use of manual and motor control treatment selection.
5. To describe the current best practice treatment options for low back and leg pain, describe the adjunct medical non-surgical surgical interventions and options for back pain and leg pain.

## VENUE

SPARSH Hospital for Advanced Surgeries  
146, Infantry Road, Bangalore 560 001

## REGISTRATION FEE

₹ 3,500/-

The number of delegates will be limited to 45.  
Spot registrations will not be accepted.

## MODE OF PAYMENT

Cheque / DD in favour of

"Shiva & Shiva Orthopaedic Hospital Pvt. Ltd."

Please send the completed Registration Form  
and Cheque / DD to:

Ms. Savitha Shetty,

SPARSH Hospital for Advanced Surgeries  
146, Infantry Road, Bangalore 560 001

## FOR QUERIES

Dr. Thomas Kishen

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## FOR ACCOMMODATION

Mr. Shreedhar

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