

Reconciling biomechanics with pain science

when biomechanics matters



Courses for therapists and fitness professionals to help reconceptualize biomechanics and address the multidimensional nature of pain

A percentage of this course is based on the Pain Science Workbook and The Treatment Manual Workbook. The biopsychosocial model of pain and injury has been argued as superior to the traditional biomedical approach for more than two decades. However, traditional therapy typically relies on explanations and a clinical reasoning model that is predominantly biomechanics based. Significant research in the pain neurosciences and biomechanics field often appears to undermine the reasoning and justifications for many of the therapeutic approaches and techniques of the physical therapy profession. By addressing the both the weaknesses and strengths of the biomechanical approach we can see that treatment can be much simpler, congruent with the cognitive, neuroscience approach and best evidenced based practice.

This course teaches the therapist how to teach patients about pain science in a treatment framework that still utilizes specific/corrective exercise, general exercises and manual therapy. Therapists are taught a model of treatment that simplifies the assessment process and the treatment.

COST

\$590 AUD

Standard price

\$510 AUD

Student and Laureate Alumni discount

COURSE OPTIONS

13-14TH AUGUST

17-18TH AUGUST

20-21ST AUGUST

COURSE LOCATION

**SOUTHERN SCHOOL OF NATURAL THERAPIES CAMPUS,
25 VICTORIA ST, FITZROY, VICTORIA**

WHAT CAN THE STUDENT EXPECT TO COME AWAY WITH FROM THIS COURSE?

- Up-to-date assessment techniques for partitioning the role of biomechanics and therapeutic neuroscience in the treatment of pain and injury
- Interviewing techniques to address the multifactorial nature of pain
- Exercise prescription informed by biomechanics and therapeutic neuroscience
- Simplified manual therapy techniques that are consistent with therapeutic neuroscience and the biomechanics of manual therapy
- Immediate means of applying therapeutic neuroscience to a traditional biomedically based practice
- Confidence in the leaving behind the traditional and outdated biomechanical model of care while learning how to integrate previously learned skills
- Access to patient centred handouts/workbooks (electronic) that reinforce the teachings and approach of the therapist to their patient

FURTHER COURSE DETAILS

www.greglehman.ca/2015/02/02/physiofundamentals-reconciling-biomechanics-with-pain-science/

COURSE REGISTRATION

www.eventbrite.com.au/e/reconciling-biomechanics-with-pain-science-tickets-21326999630



GREG Lehman
physiotherapist & chiropractor



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