



OSTEOPATHIC SOCIETY OF NEW ZEALAND

**COURSE 1  
PEER GROUP BASED**

**Osteopathic Master Class  
Treating Low Back Pain – An Evidence Based Approach**

**VENUES & DATES**

**HAWKES BAY**

June 18<sup>th</sup> and 19<sup>th</sup> 2011  
Venue to be confirmed

**WELLINGTON**

June 25<sup>th</sup> and 26<sup>th</sup> 2011  
Wellington Girls College  
Language Department, Pipitea Street, Wellington

**AUCKLAND**

July 16<sup>th</sup> and 17<sup>th</sup> 2011  
Jubilee Building, 545 Parnell Road  
Parnell, Auckland

**CHRISTCHURCH**

July 23<sup>rd</sup> and 24<sup>th</sup> 2011  
Venue to be confirmed

**DUNEDIN**

July 30<sup>th</sup> and 31<sup>st</sup> 2011  
Consultancy House Clinic, Consultancy House  
7 Bond Street, Dunedin

**BAY OF PLENTY**

September 3<sup>rd</sup> and 4<sup>th</sup> 2011  
Venue to be confirmed

## **COURSE 2**

**Treating Neck Injuries – An evidence-based approach**

**Clinical Ergonomics – fitting the patient into the real world –  
prevention, management and rehabilitation**

### **VENUE**

Jubilee Building, 545 Parnell Road  
Parnell Auckland

### **DATES**

November 19<sup>th</sup> and 20<sup>th</sup> 2011

## **DISTANT LEARNING COMPONENTS**

### **Osteopathic Master Class Certificate**

At the completion of each course there will be a distant learning module available. Once both courses and both distant learning modules have been completed you will be eligible for the Osteopathic Master Class Certificate.

### **PRESENTED BY**

**Andrew Wilson DO**

### **Sponsored by**

**Osteopathic Society of New Zealand**

### **Contact Details**

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## About The Courses

This is a series of two courses that can be attended and two distant learning modules. They will bring you up to date with the most recent research and enhance your clinical skills. The way we manage our patients and their injuries provides the optimal platform for our osteopathic skills. These programs will extend your knowledge and challenge your approach to patients whether you are a recent graduate or an experienced practitioner.

These courses will have a theoretical and practical component.

### Course 1 Treating Low Back Pain

#### Day 1 – Osteopathic practice Master Class

- Understanding the injury process
- Developing a model for injury management
- Why Placebo is your friend!
- Develop an effective treatment plan
- What works and why? – an evidence based review
- Are you an effective practitioner? - Tools for patient management
- Tools for managing chronic pain

#### Day 2 – Low Back and Pelvic Pain

- Epidemiology, injury processes,
- Simple LBP
- Complex LBP
- Evidence based review of effective prevention, treatment and management
- Managing disc problems
- Pelvic pain
- Exercise rehabilitation
- STarT screening tool

Approved for 14 Category 1 CPD credits

#### Distant Learning Module

This will be a series of four to five questions that will need to be completed in your own time and submitted to the OSNZ for marking once Course 1 has been completed.

**This has yet to have CPD approval by the OCNZ, however we are looking at approximately 5 category 1 credits however it may be deemed category 2.**

Keep an eye on the website for up dated information.

## Course 2

### Treating Neck injuries

*Registrants must have completed Course 1 to be eligible to attend Course 2*

#### **Day 1 – Neck and Shoulder Pain**

- A review of anatomy epidemiology and injury processes
- Whiplash and other complications
- Vertigo and headaches
- An evidence based review of prevention, treatment and management
- *Manipulation – analysis of risk/benefit*
- Exercise rehabilitation
- Side effects of Manual Therapy

#### **Day 2 – Clinical Ergonomics and Work Place Assessment**

- Developing a comprehensive injury model
- Understanding multi-factorial cause
- The role of posture
- Understanding injury physiology and chronicity
- Managing the cause of injury – review of epidemiology
- Rehabilitation
- Work Place assessments – principles and practical

**This course has yet to have CPD approval by OCNZ. We are looking at approximately 14-15 category 1 credits.**

#### **Distant Learning Module**

This will be a series of four to five questions that will need to be completed in your own time and submitted to the OSNZ for marking once Course 2 has been completed.

**This has yet to have CPD approval by the OCNZ; however we are looking at approximately 5 x category 1 credits however it may be deemed category 2.**

Keep an eye on the website for up dated information.

### **Speaker Details:**

Andrew Wilson graduated from British College of Osteopathy and Naturopathy 1981 and has been in private practice in Tauranga, New Zealand since 1981. His clinic has completed over 300,000 treatments and he has mentored 50 osteopaths.

Andrew has written 2 books for the general public: ***Are you sitting Comfortably?*** And ***The Complete Guide to Good Posture at Work***. He has written one text book ***Effective Management of Musculoskeletal Injury*** published By Churchill Livingstone. He is currently researching a second edition of this book.

Andrew is a very experienced practitioner, and experienced lecturer to general public and professional audiences, throughout New Zealand and in Europe.

### **Registration Information:**

Registration is open to all Osteopaths and fourth and fifth year osteopathic students.

You can register for this course by visiting our website [www.osnz.org](http://www.osnz.org) and filling in the application form under courses.

Course fees do not include your lunch, parking or accommodation, but does include morning and afternoon tea.

Places are limited and registration will be in order of applications received.

### **Start and Finish Times:**

Registration for the courses will begin at 8.00 am on Day 1 and finish at 5.15 pm. Sunday registration will be at 8.15am and it will finish at 5.15pm.

### **Continued Professional Education:**

OSNZ will be lodging details with the OCNZ for approximately 14 category 1 CPD credits for Course 2 and 5 category 1 or 2 credits for each distant learning module. The hours have yet to be finalised. Please check website for further details.

### **Cancellations and Refunds:**

Cancellations must be received by email/fax or post to the OSNZ office. An administration fee of \$100.00 applies to refunds on all registrations for Course 1 and 2.

No refunds available on either distant learning module.

### **Provision of Treatment Tables:**

We would be grateful to any delegates who can provide a treatment table for the duration of the course.

Please indicate if you can help with this request and you will be contacted close to course time for confirmation.

# REGISTRATION FEES

## Course 1

### **Early Bird Registration – Registrations before 23<sup>rd</sup> May** (All prices include GST)

OSNZ Members:	\$700.00
ISOP Members:	\$805.00
Non-Members:	\$910.00
Student Members:	\$500.00
Peer Group Leader:	\$550.00

### **Full Registration after 23<sup>rd</sup> May**

OSNZ Members:	\$900.00
ISOP Members:	\$1,005.00
Non-Members:	\$1,110.00
Student Members:	\$700.00

## Course 2

### **Early Bird Registration – Registrations before 10<sup>th</sup> October** (All prices include GST)

OSNZ Members:	\$750.00
ISOP Members:	\$862.50
Non Members:	\$975.00
Student Members:	\$550.00

### **Full Registration – after 10<sup>th</sup> October**(All prices include GST)

OSNZ Members:	\$950.00
ISOP Members:	\$1,062.50
Non Members:	\$1,175.00
Student Members:	\$750.00

## Distant Learning Modules

### **Distant Learning Module Course 1 and Course 2** (All prices include GST)

OSNZ Members:	\$125.00
ISOP Members:	\$143.75
Non-Members:	\$162.50
Student Members:	\$125.00