

# Advanced Rheumatology course-2013

Workshop on Soft Tissue Rheumatology / musculoskeletal Medicine

Venue :

**“Hotel Atria”**

No.1, Palace Road, Bangalore, Karnataka

Date: 23.02.2013 & 24.02.2013



Karnataka State



**Dear Colleagues,**

Wishing you all a happy new year ! IRA, Karnataka chapter welcomes you to come to Bangalore for another new edition of advanced rheumatology course. Instead of focusing on connective tissue diseases and traditional inflammatory rheumatic diseases, we have chosen Soft tissue rheumatism (STR).

STR along with back and neck pains are some of the most common ailments to affect humans. Hardly there is any great advancement in the management of these often difficult to manage problems! While the rheumatologists focus rightly on autoimmune rheumatic diseases, orthopedic surgeons' focus lay firmly on trauma and replacement surgeries. Physiatrists are far and few. Physiotherapists in our country hardly take up a lead clinical role. So, these conditions remain nobody's baby and at the same time everybody's baby!

During training, least stress is placed on these conditions. I am sure, we all have faced some clinical situations like regional pain syndromes, without knowing how to evaluate and manage! We have assembled a team of extraordinary musculoskeletal physicians from UK and india.

The two day workshop is expected to fill in the training gaps and help us to evaluate these conditions much more scientifically and with more empathy and conviction. It may help to attend this CME workshop with your physiotherapists, since many of the treatment modalities would require thier involvement hands on.

We regret to inform that, due to the workshop format we have to restrict registration to around 50. Please register early and see you at Bangalore.

Members, IRA, Karnataka chapter

## International Faculty

Dr. Mike Hutson - MSK & Sports physician, past president of BIMM and FIMM, author of numerous textbooks

Dr. Jens Foell - General Practitioner, NIHR Lecturer, Queen Mary University of London, secretary of BIMM

Dr. John Tanner - MSK physician, current president of BIMM author of many book chapters

Dr. Bryan English - MSK & Sports physician, past president UKADIS, past Senior Medical Officer, Chelsea Football Club

## Indian Faculty

Dr. Deepak Sharan MS (ortho) - Director, Recoup, Bangalore

## Workshop Topics

### Conceptual basis of Musculoskeletal Medicine

- Principles of Orthopedic Medicine according to Cyriax
- Orthopedic Medicine & Manual medicine
- The biopsychosocial model of pain and disability
- pain syndromes including FMS and MPS
- Integrated Medicine, including treatment strategies- manual, needling & injections Sports injuries/medicine

### Regional MSK disorders : diagnosis and management, including injection techniques :

**Upper limb :** Glenohumeral capsulitis, Subacromial impingement, Rotator cuff tendinopathy, Epicondylitis, carpal tunnel syndrome & other entrapment neuropathies, Tendinopathies of the wrist,, RSI and Work related upper limb disorders.

**Lower limb :** Pelvic MSK pain syndromes, Soft tissue injuries at the knee, patellar tendinopathy, shin splints, Achilles tendinopathy, Ankle & foot problems including stress injuries

**Neck and dorsal spine :** Segmental dysfunction, Intervertebral-disc prolapse, Trigger points, Nerve root compression, Thoracic outlet syndrome & osteoporosis

**Lumbar spine :** Non-specific (mechanical) back pain, Intervertebral disc prolapse, Nerve root compression, Sacro-iliac dysfunction & sacro-iliitis, Trigger points & stress injuries.

**Venue :**

**“Hotel Atria”**

**Timing :**

10 am - 6 pm on 23.02.13 (Saturday) (Lunch, Tea and dinner)

8.30 am - 3 pm on 24.02.13 (Sunday) (Lunch and tea)

**Registration Fee :**

**Rheumatologist- Rs. 2000/**

**Trainee in Rheumatology- Rs. 1000/**

**Physiotherapist- Rs. 1000/**

**Please address the D.D in favour of Indian  
Rheumatism association, Karnataka.**

Address for communication

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