

THE MCKENZIE METHOD IN THE MANAGEMENT OF THE CERVICAL SPINE

WEDNESDAY 10TH JULY 2019
OLD THORNS, LIPHOOK, HAMPSHIRE GU30 7PE

EVENT OUTLINE

The McKenzie method is an essential component of patient-centred spinal pain management and as such is used internationally throughout the manual therapy professions. The McKenzie method is particularly focused on suspected discogenic pain, both local and referred in nature. The method uses end-range loading strategies which focus on active management to “centralise” pain. “Centralisation” is a key prognostic factor and offers a reliable guide to the treatment strategy. This seminar will act as an introduction to the McKenzie Method with a specific focus on the cervical spine.

LEARNING OUTCOMES

At the end of this seminar it is expected that delegates will be able to—

- Identify neck (+/arm) pain patients appropriate for the McKenzie method
- Use the McKenzie method to treat neck (+/-arm) pain patients
- Integrate the principles of the McKenzie Method into current practice

SPEAKER: Mark Thomas MRCC (Pain)

Mark is a senior lecturer for the new chiropractic programme at London South Bank University (LSBU). He qualified in 2009 and worked for several years in private practice. He has worked as a rehabilitation consultant for a private medical insurance company setting up an advanced level practitioner triage service. Prior to his current role at LSBU, he ran a multidisciplinary physical therapy department within a private hospital.

Mark is the only chiropractor in the UK to be credentialed in Mechanical Diagnosis and Therapy (McKenzie Method) and has been teaching the McKenzie Method nationally over the last few years. In addition, Mark is a member of the RCC’s Pain Faculty and a test of competence assessor for the GCC.

Convenor: Gail Johnston MRCC

PROGRAMME

18.30- Registration
19.00- Seminar begins
21.00 - Close

REGISTRATION FEES

RCC Members: £35
Non-Members: £55

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: Jackie.leitch@rcc-uk.org.
Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****