



## **STRESS AND MUSCULOSKELETAL DISORDERS**

### **LIVE WEBINAR**

**THURSDAY 14<sup>th</sup> JANUARY 2021– 7PM – 8PM**

**SPEAKER: PAUL WESTON FRCC**

#### **EVENT OUTLINE**

This presentation will review the relationship between stress and msds and present strategies to help you better manage the stress response in clinical chiropractic practice.

Stress related ill health, both mental and physical is one of the greatest threats to health and well-being. It is the most common cause of chronic non-communicable disease and contributes to our inability to ward off infectious disease. Recent evidence has demonstrated the causative relationship between work related stress and musculoskeletal disorders (msds). Improved clinical outcomes rely on an integrated biopsychosocial approach addressing both the mind and the body.

#### **LEARNING OUTCOMES**

- Gain improved understanding of stress neurophysiology
- Develop increased awareness of the health effects of chronic stress
- Evaluate current models of the relationship between stress and msds
- Review the evidence relating psychosocial stress to msds
- Integrate strategic body-mind approaches to stress management in the clinical setting
- Develop personal and professional resilience

#### **SPEAKER**

Dr J. Paul Weston has recently co-authored The relation between psychosocial working conditions and work-related musculoskeletal complaints in: Ergonomics and Musculoskeletal Disorders in the Workplace (R.Graveling Ed.). He was also a contributing author to the HSE stress/msd survey. He has completed a clinical doctorate in the area of clinical ergonomics and work related msds and is a former senior clinic tutor at AECC and clinic director of the U of Surrey chiropractic program. He also holds the rank of 3rd Dan in traditional Iwama aikido.

Dr Weston is currently in private practice and provides training in body mind approaches to managing stress related disorders and building resilience.

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#### **REGISTRATION**

**RCC Members** participate free of charge. Contact [events@rcc-uk.org](mailto:events@rcc-uk.org) to register with your full name and email address.

**Non-Members:** £25. Please register and pay online here [rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Registration deadline: 14<sup>th</sup> January 2021 - 5pm