

Fiche programme

Date de création de la fiche : 20 juin 2024

Version : V2

SEMINAR :

Title : **RECONCILING BIOMECHANICS WITH PAIN SCIENCE**
Speaker : Greg Lehman
Duration (in hours) 13 hours

PUBLIC :

- CHIROPRACTORS

OBJECTIVES :

- Use evaluation techniques to analyze and interpret common musculoskeletal complaints in a clinical setting.
- Apply biomechanical principles and appropriate treatments to manage pain, taking into account its multidimensional nature.
- Integrate cognitive restructuring and meaningful activity goal-setting alongside mechanical treatments to optimize patient care.
- Prescribe therapeutic exercises based on biomechanics and neurosciences, adapted to the specific needs of each patient.
- Explain the neurophysiological mechanisms of pain and implement educational strategies to raise patient awareness in pain neuroscience.
- Adapt and apply movement strategies using graded exposure and activity progression to improve patient recovery and functional rehabilitation.

PRE-REQUISITES :

- Healthcare professional managing musculoskeletal disorders

SPEAKER :

Greg Lehman
Physiotherapist and chiropractor

Greg Lehman is a physiotherapist, researcher and educator practicing in Toronto, Canada, with more than 20 years of experience in the field of rehabilitation. He holds a Master's degree in spinal biomechanics, a Master's degree in physiotherapy and a chiropractic degree. He has published more than 20 peer-reviewed articles in the fields of manual therapy and exercise science. He has a particular interest in the multidimensional nature of pain and injury and believes that simple but comprehensive approaches are essential within the biopsychosocial model of patient care.

PROGRAM :

DAY 1

9h - 13h : Reframing the kinesiopathological model – Introduction to Movement Optimism

- Explore the usefulness and limits of the kinesiopathological model in managing pain and injury.
- Introduce simplifications and modifications to the current biomedical model so that it aligns with the best available evidence in pain science and biomechanics.
- Case study: using exposure versus protection principles to demonstrate that preparation for movement is more important than movement quality.
- Strategies to build holistic, patient-centred rehabilitation programmes.
- Suggested clinical questions and themes to help identify common threads for rehabilitation.
- Presentation of clinical reasoning for safety, potential red flags and contraindications within a biopsychosocial approach.
- Presentation of a simplified framework to integrate both biomechanical treatments and psychosocial approaches in order to develop holistic, patient-centred care.

13h - 14h : Lunch break

14h - 17h : Key messages for recovery and pain science

- Present the fundamentals of human function, adaptability and sensitivity.
- Foundations of “pain science”.
- Identify potentially inaccurate beliefs that may influence pain and disability.
- How to deliver key messages tailored to specific unhelpful beliefs.
- Demonstrate communication techniques to help change beliefs and behaviours.
- Clinical decision-making and group discussion to help answer the following questions:
 - a. When should we expose, and when should we protect?
 - b. How and when should treatment be specific?
 - c. How can a general health approach be used to address the multifactorial nature of pain?
 - d. How can we address potentially harmful beliefs about pain and injury?

DAY 2

9h – 13h : The overall capacity model and targets for exercise prescription

- Present a simplified approach to exercise prescription.
- Highlight and illustrate the importance of overall capacity and movement options when needed.
- Provide an evidence-based approach to understanding pain and rehabilitating common conditions.
- Present a method for understanding sensitivity assessment in exercise prescription.
- Demonstrations of exercise-based interventions.
- Case studies illustrating common themes across different treatment approaches and showing how a simplified intervention can be effective.

13h – 14h : Lunch break

14h – 16h : Symptom modification model for injury and pain management

- Graded exposure approach to the treatment of injury and pain.
- Learn a simplified clinical reasoning framework and tool to guide therapy.
- Case studies using symptom modification as clinical reasoning to guide interventions.
- Special topics include graded exposure, working with painful exercises, movement modifications and graded activity.
- Teaching both active and passive approaches to symptom modification interventions, and how these manual/movement-based approaches are supported by exercise interventions.

PEDAGOGY & ASSESSMENT :

Pedagogic tools :

- PowerPoint presentation and online materials
- Practical demonstrations
- Group discussions on the topics covered

ASSESSMENT :

- A 5-question multiple-choice test prior to the seminar to assess participants' baseline knowledge.
- An individual practical assessment conducted by the instructor during the seminar.
- A final 10-question multiple-choice test at the end of the seminar to assess the knowledge acquired by the participants

PRACTICAL INFORMATION :

Seminar location :

IFEC, 24 bd Paul Vaillant Couturier 94200 IVRY sur SEINE

Dates :

Saturday, March 28th and Sunday, March 29th, 2026

Prices :

Regular price: 620 €

Early bird price of 10% **until February 23rd, 2026**

How to registrate :

Registration by email to formation-continue@ifec.net

Please contact the Continuing Education Service :

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