



# Posture and the Management of Musculoskeletal Pain

This webinar serves as a pragmatic handbook, integrating various modalities into a coherent and systematic program. It aims to identify potential causes of musculoskeletal issues and offers effective strategies for management, with the overarching goal of preventing future recurrences.

**SPEAKER:**

**James Tang**

James Tang, a former dentist turned musculoskeletal pain researcher, transitioned from dental practice to focus on holistic pain management in 2017. With qualifications including Level 3 personal trainer, Level 4 sports massage therapist, Yoga and Boxercise instructor, and Corrective Exercise Specialist certified by the National Academy of Sports Medicine, Tang draws inspiration from overcoming his own back pain

**Wednesday 20th  
March  
2024**

**1pm - 2pm  
Registration from  
12.45pm**

**1 hours eCPD**

**COST:**

**NHS Dentist  
£15**

**NHS DCP  
£10**

**NON NHS Dentist  
£30**

**Non NHS DCP  
£20**

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