

Back Pain and How to Avoid it.
A Practical Guide for Dentists.

Date and venue:
Thursday 29th November 2012
The Barn Function Room
Berkeley
Glos
GL13 9EW

Course Organiser:
Mr Keith George

Course Lecturers:
Mr Gerry Gallacher

Programme

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|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0915- 09.30 | Registration. |
| 09.30 -11.15 | <u>Part 1-‘Where does it hurt?’</u>
Common sources of back pain, important clinical anatomy, relevance to dentistry. Seats and sitting
Practical: Core stability and proprioception-the keys to spinal health. |
| 11.15-11.30 | Coffee. |
| 11.30-13.00 | <u>Part 2- Why does it hurt? Why me? Why now?!</u>
Why back pain occurs and why it’s not like the dental pains you treat every day .Can you stretch your sciatic nerve? Would you want to?
Practical: Flexibility for dentistry. |
| 13.00-14.00 | Lunch |
| 14.00-15.15 | <u>Part 3- What can I Do About it?</u>
Investigations and treatment options for back pain.
Practical : Standing-up; avoiding fatigue during extractions. |
| 15.15-15.30 | Tea. |
| 15.30-16.30 | <u>Part 4- What to do next. Your key points.</u>
Developing your own treatment plan for back pain. Avoiding muscle aches.
Practical; Trigger point release- a “good pain!” |
| 16.30-16.45 | Questions and feedback. |

You may wish to wear loose clothing, as there will be a large practical element to the course, with an opportunity to try specific exercises during each section. This helps to reinforce important points, and also gets you up and moving!

Gerry Gallacher-

Qualified as a dentist from the University of Dundee in 1986, and then spent a year in postgraduate study at the Baltimore College of Dental Surgery, University of Maryland, USA. Has wide experience in General Dental Practice, salaried positions and in Oral and Maxillofacial Surgery.

Qualified with a BSc (Hons) from the British School of Osteopathy in 1998, and has worked throughout the South West of England and in New Zealand.

Currently works as a Sports Osteopath at the University of Bristol Sports Medicine Clinic.