

**BACK PAIN AND HOW TO AVOID IT – A PRACTICAL GUIDE FOR DENTISTS
SW12-05-18-02**

Date and venue:

Friday, 18th May 2012

Engineers' House, Clifton Down, Bristol, BS8 3NB

Course Organiser:

Vassia Karpeta

Course Lecturers:

Gerry Gallacher

Programme

Part 1 - 'Where Does It Hurt?'

Common sources of back pain, important clinical anatomy, relevance to dentistry
Seats and sitting

Practical: Core stability and proprioception - the keys to spinal health

Break

Part 2 – Why Does it Hurt? Why Me? Why Now?!

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

Lunch

Part 3 – What Can I Do About it?

Investigations and treatment options for back pain

Practical: Standing-up; avoiding fatigue during extractions

Break

Part 4 – What to do next. Your key points

Developing your own treatment plan for back pain
Avoiding muscle aches

Practical; Trigger point release- a “good pain!”

Close

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.