

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

Date and venue:

Thursday 15<sup>th</sup> January 2015.

The Barn Function Centre

Berkeley

Glos

GL13 9EW

Course Organiser:

Keith George

Course Lecturers:

Mr Gerry Gallacher

**Programme**

09.15-09.30 Registration.

09.30-11.15 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.

11.15-11.30 Coffee.

11.30-13.00 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.

13.00-14.00 Lunch.

14.00-15.15 Part 3 – What can I do about it?  
Investigations and treatment options for back pain.  
**Practical-** Standing-up- avoiding fatigue during extractions.

15.15-15.30 Tea.

15.30-16.30 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.

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 spent a year in postgraduate study at the Baltimore College of Dental Surgery, University of Maryland. Has wide experience in General Dental Practice, salaried positions 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.

**Course Aims-**

- 1) To reduce the impact of back pain on dentists and dental personnel.
- 2) To give a range of practical ideas including stretching and strengthening exercises.

**Course Objectives-**

- 1) Understand the causes of back pain.
- 2) Know why back pain affects so many dental personnel.
- 3) Understand what to do if you have back pain.
- 4) Have a wide range of practical ideas to help reduce the risk of back pain.