

**Your Back, Your Future
Back pain and how to avoid it.**

Date and venue:

Thursday 18th June 2015
The Mount Somerset Hotel,
Lower Henlade
Taunton
Somerset
TA3 5NB

Course Organiser:

Lucy Silk

Course Lecturers:

Mr Gerry Gallacher

Programme

09.15- 09.30	Registration
09.30 -11.00	Session 1: Where does it hurt? Common sources of back pain, clinical anatomy, relevance to dentistry, seats and sitting
	Practical Core stability and proprioception – the keys to spinal health
11.00 -11.15	Coffee
11.15-13.00	Session 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	Session 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

15.00-16.15	Session 4: What to do next? 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

Aims:

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

Objectives:

1. Understand the causes of backpain
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.