



Luentopäivä maanantai 11.3.2019, 9-16

Luentopaikka on Metropolia ammattikorkeakoulu

Vanha Viertotie 23, Helsinki

Lääkärit , fysioterapeutit 200 eur, opiskelijat 100 eur sis alv

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Innovations in physical management of back pain: *New understanding of the "bio" in bio-psycho-social and its integration into practice*

Overview: There is increasing pressure to address psychosocial issues in pain with education and behavioural approaches. Although integration of this knowledge into care of patients with back pain is timely and important, it is critical that we do not overlook the important role of biology in the bio-psycho-social model of back pain. The understanding of biology of pain and back pain is expanding and providing new opportunities for developing and refining interventions. A key consideration is deciding who needs what intervention, in other words, how do we balance bio and psychosocial in treatment planning. This session will discuss new knowledge of clinical decision making in three key areas.

Topic 1: Integrating modern pain neuroscience into clinical practice

- Pain neuroscience is changing our understanding of why pain is maintained
- Different pain mechanisms require drastically different treatments
- Matching treatments to underlying pain mechanisms requires accurate clinical assessments and treatment tailoring

Topic 2: Neuro-immune interaction in back pain

- There is increasing understanding of the role of the immune system in pain
- This can be involved throughout the sensory and motor system from sensitisation of afferents to a role in dysfunction of muscle and motor control
- Exercise has potent effects on immune function, and has potential as a major moderator of the immune response in pain
- This opens opportunities for new opportunities for exercise management in back pain, but requires specific consideration.

Topic 3: Male pelvic floor

- Considering the role of pelvic floor muscles in spine control, management of pelvic floor dysfunction is a logical consideration for some individuals with back pain
- In contrast to advanced understanding of pelvic floor in females, the male pelvic floor has remained an enigma
- Recent work has enhanced understanding of pelvic floor function, assessment and training in men.

Ilmoittautuminen ja kysymykset sähköpostilla erja@mefysiotiimi.fi. Laita ilmoittautumiseen nimi, sähköposti sekä merkintä jos olet opiskelija

Erja Kouri, fysioterapeutti ja Jukka Pekka Kouri, fysiatri

