

Pain, Performance, Rehabilitation and Life

BASRaT Symposium 2016

Packed full of essential speeches, presentations and workshops to enrich your knowledge and aid your work

Pain Management

- * Keynote speech by Richmond Stace, Richmond has created the Pain Coach Programme - pain neuroscience-based coaching and treatment to overcome pain
- * "Pain, the brain and a little bit of Magic" closing speech by Professor Jones, MSK Specialist.
- * Workshop on Assessment and treatment of Patellofemoral Pain - top tips to change practice
- * Gold from Rio! Workshop by Hannah Crowley who supported team GB cyclists at the Rio Olympics
- * Contribute to your CPD hours and help put theory, expert advice and knowledge into practice.



**Copthorne Tara Hotel
West Kensington, London**

Friday 18th November 2016

Itinerary and Keynote Speakers

Itinerary

- 08:30 Registration
- 09:00 **Opening Keynote:** Richmond Stace MCSP MSc (Pain) BSc (Hons) "Conversations with patients - what the narrative tells us "
- 10:00 Research Presentation
- 10:30 Tea/Coffee Break
- 11:15 **Workshops** (Choice of 3):
1. Richmond Stace, "The initial consultation - a patient led session"
2. Julie Hayton, "1065 days – A true story of pain to Performance"
3. Hannah Crowley, Sport Rehabilitator, British Cycling "The Role of a Sports Rehabilitator in Elite Sport"
- 12:45 Lunch and Exhibition Stands
- 13:30 **Workshops** (Choice of 3)
4. Claire Robertson, "Assessment and treatment of Patellofemoral Pain - top tips to change practice"
5. Hannah Crowley, Sport Rehabilitator, British Cycling "The Role of a Sports Rehabilitator in Elite Sport"
3. Julie Hayton, Sport Rehabilitation in Elite Sport "it's what goes on in the dark that brings the performance to light"
- 15:00 Tea/Coffee Break:
- 15:45 **Closing Keynote:** Anthony Jones, Professor of Neuro-rheumatology "Pain, the Brain and a Little Bit of Magic"

Keynote Speaker - Richmond Stace

Conversations with patients - what the narrative tells us

The initial assessment, or initial conversation, is the first step in forming a trusted alliance that creates a basis for overcoming pain and injury.

The first few words are revealing and must be noted as you, the clinician, creates an opportunity for the person (aka patient) to tell their story on their own words, revealing much of what we need to know.

Skilled communication allows us to explore the relevant issues, elucidating what has happened that brings the person to you at this moment, with careful questioning and much listening. This keynote talk will consider the important features of the initial meeting and how this sets up a context for recovery."

Richmond Stace MCSP MSc (Pain) BSc (Hons)

Richmond is a physiotherapist specialising in persistent and complex pain and injury. His background is in adult nursing, rehabilitation, physiotherapy and pain science, the blend of which he uses to create ways for people to overcome their pain using the Pain Coach Programme - pain neuroscience-based coaching and treatment.



When not in the clinic, Richmond writes and talks about pain, mentors clinicians and is a clinical lecturer at Queen Mary University of London at the Centre for Sports and Exercise Medicine. In addition Richmond is a co-founder of the UP | Understand Pain awareness campaign that aims to raise the level of understanding of pain across society. Richmond has a further degree in Sport Rehabilitation and a master's degree in Pain Science.

Keynote Speaker - Anthony Jones

Pain, the Brain and a Little Bit of Magic

Musculoskeletal pain is one of the most common reasons for consulting in Primary Care and is also a common problem in athletics. It has become clear over the last 3 decades that there is a relatively poor and highly variable relationship between tissue damage and both acute and chronic pain. Part of the reason for this disparity may be in the way pain is processed in the peripheral nervous system and the spinal cord. However, the advent of different methods of imaging brain responses to acute and chronic pain over the last 30 years has provided both an understanding of how pain is processed in normal pain-free individuals and patients with chronic pain. It has become increasingly clear that the way the brain processes pain and the psychological context of the pain is the dominant influence on normal and abnormal pain perception. A number of potential mechanisms for vulnerability to chronic pain related to abnormal processing in the brain have been identified over this time. In addition, we and others have identified potential mechanisms for increased resilience to chronic pain. **This talk will identify some of these and explain how existing therapies may modify these mechanisms, it will also outline how this understanding may be used to develop new brain-focussed therapies for acute intermittent and chronic persistent pain.**

Anthony Jones, Professor of Neuro-rheumatology

Anthony Jones is professor of Neuro-rheumatology at Manchester University and leads the Human Pain Research Group. He is a consultant rheumatologist and established one of the first multidisciplinary inflammatory arthritis clinics in the North West for patients with complex needs. He has also established a multidisciplinary musculoskeletal pain clinic for patients with rheumatic pain and a neuropathic pain for patients with nerve-damage related pain.



He pioneered techniques to image neurochemical and metabolic brain responses to pain using Positron Emission Tomography and has used a number of functional brain imaging techniques to understand the normal and abnormal mechanisms of pain perception. He also leads the International Association for the Study of Pain Musculoskeletal Pain Taskforce.

Morning Workshops

The initial consultation - a patient led session

Richmond Stace MCSP MSc (Pain) BSc (Hons)

This workshop will present a follow on session from Richmond's opening keynote speech.

The workshop will include interaction with Richmond and one of his patients, this interaction will be used to demonstrate how we as practitioners can explore the initial consultation with our patients and how this can create the basis for overcoming pain and injury.

Richmond Stace MCSP MSc (Pain) BSc (Hons)

Richmond is a physiotherapist specialising in persistent and complex pain and injury. His background is in adult nursing, rehabilitation, physiotherapy and pain science, the blend of which he uses to create ways for people to overcome their pain using the Pain Coach Programme - pain neuroscience-based coaching and treatment. When not in the clinic, Richmond writes and talks about pain, mentors clinicians and is a clinical lecturer at Queen Mary University of London at the Centre for Sports and Exercise Medicine. In addition Richmond is a co-founder of the UP | Understand Pain awareness campaign that aims to raise the level of understanding of pain across society. Richmond has a further degree in Sport Rehabilitation and a master's degree in Pain Science.



1065 days – A true story of pain to Performance

Julie Hayton

Shaun Barker is a professional footballer. In March 2012 Shaun suffered a horrific knee injury rupturing his ACL, PCL and MCL. The surgeon described it as one of the worst injuries he has ever seen.

How did Shaun return to professional football? A team of dedicated multi-disciplinary professionals called on their experiences to help.

Julie was involved in his return from a previous injury – with Shaun's permission she will deliver an overview of Shaun's recovery and the hurdles Shaun and the treatment and performance team overcame to get return him to the sport he so desperately wanted to play again.

Julie Hayton, Managing Director, Function Jigsaw

Julie manages a sports injury management practice where Julie and her staff treat, rehabilitate and prevent injuries in active patients including elite sportspeople. Julie also tailors programmes for clubs and organisations to maximise capability in their athletes.

Julie worked with Leicester Tigers as Head of Medical Services. Julie developed progressive injury rehabilitation programmes that ensured the Leicester Tigers medical department maintained its current reputation as one of the best in sport.



The Role of a Sports Rehabilitator in Elite Sport

Hannah Crowley, Bsc (Hons)

As a Sports Rehabilitation Therapist at British Cycling, Hannah will discuss the role of a Sports Rehabilitator within a medical and wider multidisciplinary team to support team GB cyclists in the build up to the 2016 Rio Olympic Games.

Using first hand knowledge Hannah will discuss the management of common cycling injuries, planning of complex rehabilitation and in training monitoring to minimise risk of injury.

The workshop will involve practical elements giving you techniques to take away and implement with cyclists of all levels of experience, and methods to help you best support athletes from any back ground.

Hannah Crowley, Sports Rehabilitator

Hannah works at British Cycling as a Sports Rehabilitation Therapist with Olympic and Academy athletes. Hannah leads the working partnership between the Medical and Strength and Conditioning teams, she has implemented treatment and rehabilitation plans that have had a direct impact on the preparation and performance of cyclists at the 2016 Rio Olympic Games. Hannah previously worked in a private clinic overseeing the treatment and rehabilitation of patients with a wide range of physical injuries and conditions. Alongside this private work she worked for the English Institute of Sport as a Soft Tissue Therapist and travelled internationally with the British Athletics Paralympic programme.



Afternoon Workshops

Assessment and treatment of Patellofemoral Pain - top tips to change practice tomorrow by Claire Robertson

Claire has vast clinical experience with patellofemoral pain. This seminar will help you prioritise during assessment and treatment planning, it is full of easy to implement clinical nuggets that will easily change your practice. Assessment and treatment strategies that require little or no equipment are covered so that they can be implemented in any setting and home programmes can be given.

Although the strategies are simple, clinical reasoning and evidence underpin the seminar, you will be able to Explain the aetiology of pain in PFP, Use your subjective examination to signpost your objective, Plan a reasoned treatment strategy and confidently give out no more than 3 exercises at once for a targeted effect.

Claire Robertson MSc PGCE MCSP, Consultant Physiotherapist, Wimbledon Clinics

Claire Robertson is a Consultant Physiotherapist in patellofemoral pain at Wimbledon Clinics and is the physiotherapist for the Warren Smith ski academy. Claire has a BSc (hons) and MSc in Physiotherapy and has worked in the NHS, academia and private practice. Claire runs her own post-graduate course on patello femoral problems for physiotherapists. Claire has lectured internationally and has had many research papers and editorials published in international peer-reviewed journals. She reviews for Physiotherapy Research International and Physiotherapy. Claire was awarded a research grant to investigate the meaning of crepitus to patients with patella femoral pain syndrome.



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Sport Rehabilitation in Elite Sport – “it’s what goes on in the dark that brings the performance to the light”

Julie Hayton

Having worked in elite team sport for over 15 years the experiences gained as part of a multi disciplinary performance team have exposed me to experiences that I know other people aspire to.

I have worked with some amazing athletes and experienced some amazing highs and some scarring lows but I understand that the perception of elite sport can more often than not be very different to the reality – equally the satisfaction of watching one of your athletes return to performance after injury is one of the best feelings you can ever experience.

Julie Hayton, BSc(Hons) Sport Rehabilitation and Managing Director, Function Jigsaw

Julie has worked in elite professional sport for over 15 years and has gained recognition for specialising in lower limb rehabilitation.

Julie has her own multidisciplinary practise where Julie and her team continue to deliver national injury management programming and supervision. Consulting to various sporting genres including motor sport, snow sport, professional rugby, professional football and road cycling she works closely with athletes and medical professionals to deliver the world's best rehabilitation practice and works closely with elite sports performance teams.



Booking, venue and accommodation

Purchasing Tickets

Attendance Fees

BASRaT Members

Students

CSP/UKSCA (and other allied health pro's)

Non - Members

Day Ticket

£145

£60

£155

£165

BOOK YOUR TICKETS AT <http://www.basrat.eventbrite.co.uk>



Venue and Accommodation

Venue

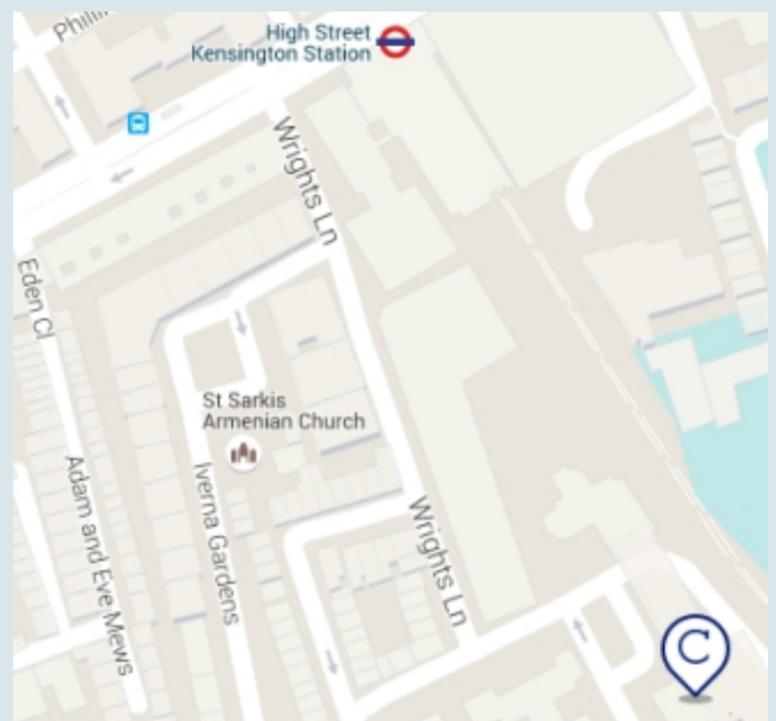
Copthorne Tara Hotel
West Kensington, London

Heavily discounted room rates are available, single (£125) twin rooms (£135). Book by Fri 28th Oct, email alastair.jubber@millenniumhotels.com

Address - Scarsdale Place Kensington London, United Kingdom W8 5SR (GPS W8 5SY)

Alternative accommodation

Accommodation is available nearby at the Holiday Inn Express London, rooms start at £110 for B & B. Booking.com also offers a wide selection of hotels at varying budgets.



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