



Royal National
Orthopaedic Hospital
NHS Trust

RNOH EDUCATION

The Stanmore Therapies Series



Intelligent Rehabilitation – Relating Brain to Muscle to Function

Saturday 12 May 2018



The Course

Outline:

The course is targeted to physiotherapists and other rehabilitation specialists to develop their musculoskeletal knowledge, incorporating an understanding of neurological control and acknowledging other external factors such as mood, behaviour can have on patient outcome. The course will have a practical focus in the afternoon using case studies to allow delegates to understand why, how and what interventions are appropriate to optimise movement strategy and function.

Aims/Objectives:

- 1) Review the components of motor control systems
- 2) To understand how the disorganisation of neurological control influences Musculoskeletal disorders
- 3) Using cases studies to develop treatment plans and interventions

Time	Title	Speaker
9:00 - 9:15	Welcome & Introduction	Anju Jaggi
9:15 - 9:45	The Control of Movement Part 1	Sue Paddison
9:45 - 10:15	The Control of Movement Part 2	Benita Hexter
10:15 - 10:30	Discussion	
10:30 - 11:00	Tea/Coffee Break	
11:00 - 11:30	Influence of pain in Movement Control	Helen Cohen
11:30 - 12:00	Influence of behaviour on Movement Control	Chloe Kitto
12:00 - 12:15	Discussion	
12:15 - 13:00	Lunch	
13:00 - 13:45	Case Study 1 - Shoulder	Anju & Sue
13:45 - 14:30	Case Study 2 - Hip	Katie & Benita
14:30 - 15:00	Tea/Coffee Break	
15:00 - 15:45	Case Study 3 - Spinal	Selina & Susanne
15:45 - 16:45	Discussion	Sue Paddison
16:45 - 17:00	Close of meeting	Anju Jaggi



The Faculty

The Faculty for this course will include:

- Anju Jaggi, Consultant Physiotherapist
- Sue Paddison, Clinical Specialist Lead Physiotherapist
- Susanne Selvadurai, Consultant Physiotherapist
- Katie Monnington, Clinical Specialist Physiotherapist
- Benita Hexter, Clinical Specialist and Lead Physiotherapist
- Dr Helen Cohen, Consultant Rheumatologist
- Chloe Kitto, Specialised Occupational Therapist





Course Directors

Anju Jaggi

Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK)

Deputy Director AHP Research & development

A Jaggi Physio Consultancy Ltd

Past President of European Society of Shoulder and Elbow Rehabilitation (EUSSER)

Anju is a Consultant Physiotherapist with a clinical interest in shoulder dysfunction and research & innovation lead for the Therapy directorate at the Royal National Orthopaedic Hospital (RNOHT). She has worked at the RNOHT for over 20 years, 18 years of which has been in clinical rehabilitation in managing complex shoulder dysfunction with a specific interest in atraumatic shoulder instability. She has lectured internationally and presented at numerous scientific meetings. She has published work in the field of motor control at the shoulder, co-supervised post graduate student projects and is involved in several funded research studies collaborating with commercial and academic partners, one of which is the NIHR GRASP trial with the University of Oxford. She is currently leading a randomised clinical trial on the role of surgery in atraumatic shoulder instability with the surgical team at the RNOHT in collaboration with Prof Ginn at Sydney University. She holds a clinical teaching fellow post at University College London (UCL) and is program lead for the new UCL MSc in Musculoskeletal Rehabilitation. She has served on the board of the European Society of Shoulder & Elbow Rehabilitation (EUSSER) since 2008 and was President of the society from 2012-2015. She has also served on the British Shoulder & Elbow Society Education committee and is an active member. She has a passion for improving the management of shoulder dysfunction as well as globally promoting physical therapy and rehabilitation.



Course Directors

Sue Paddison M.C.S.P

Clinical Specialist Lead Physiotherapist in Spinal Cord Injuries

Sue graduated as a Physiotherapist in 1986. She commenced her current NHS post as Clinical Specialist Lead Physiotherapist, in the London Spinal Cord Injury Centre (LSCIC) at the Royal National Orthopaedic Hospital Trust (RNOH), Stanmore in 1993.

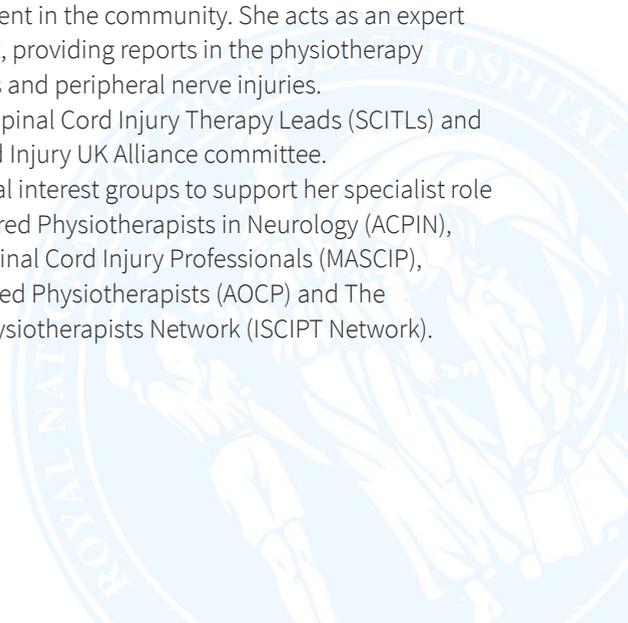
She is Honorary Clinical Teaching Fellow for University College London. She currently lectures on three Masters courses for multidisciplinary professionals. She has lectured nationally and internationally to diverse professional groups, as well as presenting papers and posters at conferences and meetings relevant to her specialist field.

Sue has contributed to published chapters in various Neurological Physiotherapy textbooks. Her area of specialist interest & research is in Functional Electrical Stimulation in neurological rehabilitation.

Sue is an independent consultant physiotherapist working with the Rugby Football Union Injured Players Foundation charity to support spinal cord injured players in their on-going management in the community. She acts as an expert witness in the medico-legal context, providing reports in the physiotherapy management of spinal cord injuries and peripheral nerve injuries.

Sue is the Chair of the UK & Eire Spinal Cord Injury Therapy Leads (SCITLs) and sits on invitation on the Spinal Cord Injury UK Alliance committee.

She is a member of several clinical interest groups to support her specialist role including the Association of Chartered Physiotherapists in Neurology (ACPIN), Multi-Disciplinary Association of Spinal Cord Injury Professionals (MASCIP), Association of Orthopaedic Chartered Physiotherapists (AOCP) and The International Spinal Cord Injury Physiotherapists Network (ISCIPT Network).





Course Directors

Susanne Selvadurai

Susanne is a Consultant Physiotherapist in spinal deformity, working closely with some of the spinal surgeons as part of the MDT. She has developed patient pathways within spinal deformity and in particular developed the adolescent scoliosis pathway and a MDT pathway for patients with myeloma. She is also working with the spinal deformity unit on patient outcome datasets and research. She teaches on scoliosis on the UCL MSc program.

Susanne is a honorary lecturer with UCLH and regularly teaches on the MSK paediatric Masters module for UCLH. She has been a speaker at Brit Spine, is a member of the BSS - British scoliosis society. She has additionally been presenting in several spinal myeloma forums nationally.

Susanne is particularly working closely with spinal surgeons to determine if patients with spinal deformity should undergo surgery for functional improvement or if they are a candidate for conservative management only.

Katie Monnington

Katie is a highly specialist physiotherapist at the Royal National Hospital (RNOHT) with a clinical interest in the dysfunction of the hip and pelvis. She has worked at the RNOHT for 15 years gaining a breadth of experience in the treatment and management of complex hip conditions both in the NHS and privately. Katie is a honorary clinical teaching fellow at University College London lecturing on a MSc programme.

Benita Hexter

Benita Hexter is a Clinical Specialist and Lead Physiotherapist working at the London Spinal Cord Injury Centre, Stanmore. Having worked in both musculo-skeletal and neurological settings and through working in the SCI field, Benita has become interested in the combination of neurological and biomechanical models to fully exploit the potential of therapeutic intervention. Benita is an Honorary Clinical Teaching Fellow at University College, London.



Course Directors

Dr Helen Cohen MB, BCh, MRCP, PhD

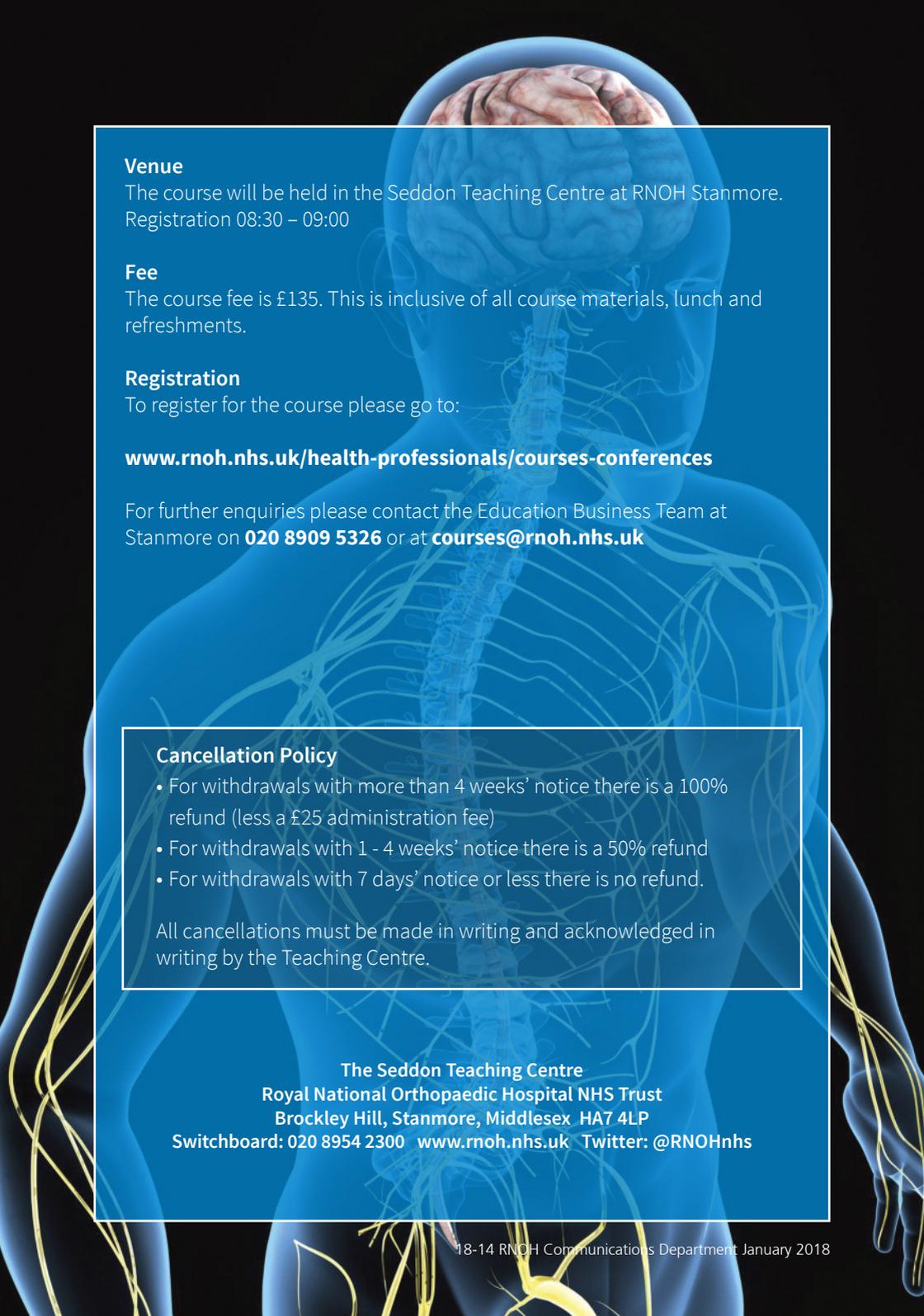
Dr Helen Cohen is a Consultant in Rheumatology and Chronic Pain at the Royal National Orthopaedic Hospital, Stanmore, Middlesex, UK. Dr Cohen graduated from the University of Wales College of Medicine, completed higher training in Cardiff and her PhD at the Royal National Hospital for Rheumatic Diseases, Bath. She has a special interest in the management and treatment of chronic pain, and specifically in Complex Regional Pain Syndrome (CRPS) and Ehlers-Danlos syndrome (EDS) / Joint Hypermobility syndrome. She leads the CRPS and hypermobility rehabilitation programmes at Stanmore.

One of Dr Cohen's main research interests is in understanding how brain mechanisms contribute to severe chronic pain syndromes. Her clinical interests include general rheumatology, hypermobility, fibromyalgia and CRPS among other chronic, difficult-to-explain pain syndromes.

Dr Cohen held an Arthritis Research UK Clinical Fellowship for 3 years which supported her research work. She has presented nationally and internationally on CRPS, hypermobility and chronic pain, and published articles in peer-reviewed journals. She is a keen hiker/mountaineer, Caterham seven and martial arts enthusiast, and ex-tarantula keeper.

Chloe Kitto

Chloe Kitto is a Highly Specialised Occupational Therapist working within the Chronic Pain Rehabilitation Service at the RNOH. Chloe has specialised in mental health rehabilitation across a variety of clinical settings, both in Australia and the UK, and she has utilised this expertise to address the psychosocial issues in patients with chronic musculoskeletal disease. Chloe is a strong advocate for person-centred therapy, acknowledging the critical influence of the mind-body connection on patient engagement and therapy outcomes. Chloe is an honorary lecturer for UCL, speaking about advanced clinical reasoning in chronic pain management. She is also developing a proposed program of research on 'the role of sensory modulation therapy within chronic pain rehabilitation'



Venue

The course will be held in the Seddon Teaching Centre at RNOH Stanmore.
Registration 08:30 – 09:00

Fee

The course fee is £135. This is inclusive of all course materials, lunch and refreshments.

Registration

To register for the course please go to:

www.rnoh.nhs.uk/health-professionals/courses-conferences

For further enquiries please contact the Education Business Team at Stanmore on **020 8909 5326** or at **courses@rnoh.nhs.uk**

Cancellation Policy

- For withdrawals with more than 4 weeks' notice there is a 100% refund (less a £25 administration fee)
- For withdrawals with 1 - 4 weeks' notice there is a 50% refund
- For withdrawals with 7 days' notice or less there is no refund.

All cancellations must be made in writing and acknowledged in writing by the Teaching Centre.

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