

PRE-COURSE DETAILS

REAPPRAISING ENTRAPMENT NEUROPATHIES: MECHANISMS, DIAGNOSIS AND MANAGEMENT

Tutor: Annina Schmid PhD, MManipTher, PT OMT svomp, MCSP

Duration: 1 day

Content: Theory and clinical

This course provides a mechanism-oriented approach that will enable participants to understand and incorporate the latest pain physiology related to entrapment neuropathies into their diagnostic and treatment reasoning framework.

Practical element

Practical sessions will be demonstrated and practiced on the hand/forearm.

Course aims

- To enable the participants to understand the basic principles of pain physiology associated with entrapment neuropathies and to incorporate this knowledge into their reasoning framework
- To learn about the opportunities and challenges of a mechanism based diagnostic approach for patients with entrapment neuropathies
- To be familiar with recent evidence on the mechanisms of action of common interventions for entrapment neuropathies

HOW DO YOU SEE THAT THIS COURSE WILL ENHANCE CLINICAL / BUSINESS / DIVERSIFICATION SKILLS AND INCREASE POTENTIAL MARKET SHARE / CLINIC TURNOVER?

Through an improved understanding of the basic principles of pain physiology, this course focusses on the opportunities and challenges of a mechanism based diagnostic approach. The improved assessment skills and clinical reasoning framework will translate into a more effective management of patients with entrapment neuropathies. Understanding of the pain mechanisms at play will also improve prognostic decisions and will enable physiotherapists to make adequate decisions in regards to referrals for medical opinions.

Biography

Dr Annina Schmid is a Physiotherapist and a researcher at the Nuffield Department of Clinical Neurosciences at Oxford University in the UK. She obtained her Physiotherapy undergraduate training in Switzerland in 2001, worked full time as a musculoskeletal physiotherapist for several years and completed a Master of Manipulative Therapy at Curtin University of Technology in Perth in 2005. That is where her interest in pain physiology and entrapment neuropathies sparked. In 2008, she returned to Australia to focus on research by doing a PhD in Neuroscience at The University of Queensland. Her project entitled "Implications of mild nerve compression beyond the lesion site- Mechanisms and Interventions" consisted of a unique combination of human studies and experiments using an animal model of mild nerve compression. Since the completion of her PhD in 2011, Dr Schmid is continuing her

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research into the pathomechanisms of entrapment neuropathies as a postdoctoral fellow with the aim to ultimately improve management of these patients. She has published widely and has won several competitive fellowships including the prestigious Neil Hamilton Fairley Fellowship to pursue her career at Oxford University under the supervision of Dr David Bennett and Prof Irene Tracey. In addition to her research activity, Dr Schmid maintains a small weekly caseload of patients, teaches postgraduate courses internationally and holds a guest lecturing position with Zurich University of Applied Sciences in Switzerland. Further information on Dr Schmid can be found at www.neuro-research.ch.

Reading

Schmid AB, Nee RJ, Coppieters MW. Reappraising entrapment neuropathies – Mechanisms, diagnosis and management. *Manual Therapy* 2013; 18(6):449-57.

Schmid AB, Schmid AB, Strudwick M, Elliott J, Mary Little, Coppieters MW. The effect of splinting and exercise on intraneural oedema of the median nerve in carpal tunnel syndrome – An MRI study to reveal therapeutic mechanisms; *Journal of Orthopaedic Research* 2012; 30(8):1343-50.

Timetable

Arrival and registration	8.15hrs to 9.15hrs
Introduction	9.15hrs
Mechanisms of neuropathic pain and entrapment neuropathies	9.30hrs
Break	10.45hrs
Mechanisms of neuropathic pain and entrapment neuropathies	11.00hrs
Lunch	12.30hrs
Assessment: concept of gain and loss of function	13.15hrs
Break	15.00hrs
Management: mechanism of action of commonly used interventions for entrapment neuropathies	15.15hrs
Course close	16.30hrs