

Workshop 1: Sorting out back pain: everything you have been afraid of explained

Recognition, Diagnosis and Treatment of Sacro-Iliac Joint Incompetence/Pelvic Girdle Pain, Discal and facet sources

- Common presentations of back conditions and the anatomy
- Sorting out the possible pain drivers
- Functional anatomy of the SIJ, lumbar spine and hip
- Clinical Diagnosis including best imaging techniques
- Initial treatment including bracing/taping/ specialised physical therapy/ exercise therapy, what and when
- Injection therapies: which injections, when, how and why.
- When to consider surgery and types of surgery
- After injection, following -up after specialised physiotherapy, after injections and return to sport considerations

Questions and Course Wrap up: This course aims to cover the basics for physicians, surgeons and physiotherapists who deal with back pain and leg pain.