



## **Musculoskeletal & Functional Assessment of Spinal Conditions in OH**

This one day training course aims to equip and refresh your knowledge of musculoskeletal assessment. Whilst also highlighting the value that functional assessment techniques can have to enable you to support your employee's optimally.

MSD's are the second most likely cause of absence from work and of those a significant proportion relate to spinal conditions. Whilst some are through injury, the aging workforce demographic which the UK is experiencing means that an increasing number of employees will present and have to manage degenerative age-related conditions and symptoms.

By attending this training day you will:

- Review the essential components of an OH focused musculoskeletal assessment
- Refresh your knowledge of the musculoskeletal system and common spinal conditions relevant to the workplace and employees
- Learn about functional assessment tools and techniques, how and when to apply them
- Develop your spinal assessment process include functional assessment
- Recap on the spinal red flag symptoms that should be screened for
- Explore evidence based treatment and management options for acute and chronic spinal conditions that relate to day to day OH practice

James Rind is an Occupational Health Physiotherapist who has specialised in assessing, diagnosing and treating MSDs for the past 19 years. HE has worked in a wide range of industries and workplaces supporting improved physical wellbeing through optimised condition management by employees and employers alike.

James qualified as a Physiotherapist in 1999 after studying in Glasgow Caledonian University, Glasgow. He has sub-sequentially completed a MSc in Workplace Health & Wellbeing from the University of Nottingham and a Diploma in Wellbeing & Stress Management. He works with companies throughout the UK and is based in Cardiff.

One Day Training Course

9.30am – 4.30 pm

1hr for lunch

Maximum number of attendees: 15