

SCIENTIFIC CONFERENCE

26th - 30th March 2010

REGISTRATION BROCHURE

SPINE IN ACTION: LOW BACK PAIN CAN CHRONICITY BE PREVENTED?

Rendezvous Hotel Auckland, Mayoral Drive & Vincent Street, Auckland

CONVENOR'S WELCOME

It is with much pleasure that the New Zealand Association of Musculoskeletal Medicine in conjunction with the Australian Association Musculoskeletal Medicine, Australian College of Physical Medicine and the Australasian Faculty of Musculoskeletal invites you to this important Scientific Conference. The conference is timely given that it is the International Association for the Study of Pain "Global Year Against Musculoskeletal Pain" and that the Bone & Joint Decade has recently concluded.

Can Chronicity Be Prevented?

Research into pain and the resulting disability continues apace. Interventions for low back pain are many and varied. The natural history of the condition is for spontaneous resolution over time. However, there is an important subset of our patients for whom pain and disability become chronic. Are there factors that a physician can recognise that may predispose a person to chronicity or prove to be barriers to recovery? Are there physical as well as psychological and psychosocial factors that contribute to this process? If these factors can be identified are there effective interventions? Is there outcome data for such interventions? These are some of the vexing questions we all face in the course of our day's work managing patients with low back pain.

CONFERENCE OBJECTIVES

- to understand the neuroscience underlying Motor & Sensory Plasticity
- to recognise, clinically assess, & manage Sensory Sensitisation
- to understand the clinical implications of Pain on Motor Plasticity
- to understand the physical risk factors for developing chronicity in low back pain
- to recognise the psychological & psychosocial risk factors for chronicity in low back pain
- to recognise the psychological & psychosocial risk factors that are a barrier to recovery
- to be familiar with the psychological interventions & management
- managing return to work issues, both employer and employee
- better understanding of the effectiveness of both physical, pharmacological and interventional treatment
- understand the role of imaging and surgery



Combined meeting Hosted by:

New Zealand Association Musculoskeletal Medicine
Australian Association Musculoskeletal Medicine
Australian College Physical Medicine
Australasian Faculty Musculoskeletal Medicine



CONFERENCE COMMITTEE

Gary Collinson Convener:

President NZAMM, Musculoskeletal Specialist, Auckland
New Zealand

Charles Ng:

Secretary NZAMM, Musculoskeletal Specialist, Auckland
New Zealand

Peter McKenzie:

Past President NZAMM, Musculoskeletal Specialist, Nelson
New Zealand

SPONSORS

NZAMSM acknowledge the generosity of the Rose Hellaby Medical Scholarship Trust and the conference organisers thank the Board of Governors for their support with this Scientific Conference.



KEYNOTE SPEAKERS



Prof Lars Arendt-Nielsen
Aalborg University, Denmark
Center for Sensory-Motor Interaction

Specific research areas have been on pain and assessment of pain in volunteers and pain patients, sensory-motor interaction, and on drug effects. The main focus is on human experimental pain research – basic and clinical applications.



Prof Johan Vlaeyen
University of Leuven and Maastricht,
Belgium & Netherlands
Professor of Behavioural Medicine

Main interests are cognitive and behavioural mechanisms of chronic disability due to somatic complaints, & the development and evaluation of customised CBT management strategies in chronic pain.



Prof Paul Watson
University of Leicester United Kingdom
Professor of Pain Management and Rehabilitation

First UK consultant Physiotherapist. Works as a clinician in a Chronic Pain Clinic. Research interests include rehabilitation for musculoskeletal conditions, return to work issues, sleep and pain, ethnicity and risk predictors.



Prof Jacob Patijn
University Hospital Maastricht, Netherlands
Associate Professor & Head of Pain Management

Clinical positions for Neurology, Pain management, manual and Musculoskeletal Medicine. Interests in reproducibility in musculoskeletal medicine.

Second Scientific Director FIMM Academy.



Dr Duncan Reid
Head of School Rehab & Occup Studies, AUT
Auckland

SUPPORTING SPEAKERS

Prof Wolfgang von Heymann
President FIMM Germany

Dr Quentin Reeves
Radiologist, Auckland

Dr Wade King
Musculoskeletal Pain Intervention, NSW

Dr David Vivian
Musculoskeletal Pain Intervention, Melbourne

Prof Nik Bogduk
University of Newcastle, NSW

Mr Peter Robertson
Spinal Surgeon, Auckland

Ms Kirsty Powell
Occupational Health Physiotherapist, Auckland

Mr Richard Ellis
Lecturer, School of Physiotherapy, AUT, Auckland

Assoc Prof Michael Yelland
Griffith University, Queensland

Dr Geoff Harding
Musculoskeletal Specialist Physician, Queensland

Dr Rod Ayscough
President ACPM, Physical Medicine Specialist, Sydney

New Zealand Fellows of Musculoskeletal Medicine:
Dr Rick Bernau, Dr Jim Borowczyk, Dr Lucy Holtzhausen,
Dr Giresh Kanji, Dr Jonathan Kuttner, Dr Keith Laubscher,
Dr John MacVicar, Dr Charles Ng, Dr Paul Quin,
Dr Ian Wallbridge, Dr James Watt



PROGRAMME

Friday, 26 March

NZAMM

In association with ACPM, AAMM, FAMM

- 4.00pm Registration
- 7.00 - 8.00pm Welcome Cocktail Party
Patio (weather permitting)

Saturday, 27 March: Day 1

- 8.00 am Registration

Plenary Session

- 8.45 - 9.15am Powhiri and Welcome
- Chair: Dr Gary Collinson**
- 9.15 - 9.45am Epidemiology & Physical Risk Factors for low back pain
- *Wade King*
- 9.45 - 10.30am Clinical & Experimental Evidence for Plasticity & Reorganisation in the Pain System
- *Lars Arendt-Nielsen*
- 10.30 - 10.55am *Morning Tea*
- Chair: Dr Rick Bernau**
- 11.00 - 11.45am Anatomical constructs for core stability
- *Duncan Reid*
- 11.45 - 12.30pm Relationship of postural control in Musculoskeletal Medicine
- *Jacob Patijn*
- 12.30 - 1.00pm Questions for Speakers
- 1.00 - 1.55pm *Lunch*

Afternoon Lectures

- Chair: Dr John Robinson**
- 2.00 - 2.45pm Chronic Pain: Learning Theory Perspective
- *Johan Vlaeyen*
- 2.45 - 3.30pm Occupational Health Physiotherapist Perspective
- *Kirsty Powell*
- 3.30 - 3.55pm *Afternoon Tea*
- 4.00 - 4.40pm NZ Physiotherapy Experience Managing LBP
- *Duncan Reid*
- 4.40 - 5.00pm Questions for Speakers
- 7.00 for 7.30pm CONFERENCE DINNER
Grand Ballroom

Sunday, 28 March: Day 2

- 8.00am Registration

Plenary Session

- 8.45 - 9.00pm Welcome /house keeping

Chair: Dr Charles Ng

- 9.00 - 9.45am Latest European Guidelines Acute & Chronic Lower Back Pain
- *Prof Wolfgang von Heymann*

- 9.45 - 10.30am Customising CBT in Chronic Pain: Fear reduction techniques
- *Johan Vlaeyen*

- 10.30 - 10.55am *Morning Tea*

Chair: Dr Jonathan Kuttner

- 11.00 - 11.45am Clinical & Experimental Evidence for Plasticity & Reorganisation in Motor Control
- *Lars Arendt-Nielsen*

- 11.45 - 12.30pm Evidence Based Diagnostics in Manual Medicine
- *Jacob Patijn*

- 12.30 - 1.00pm Questions for Speakers

- 1.00 - 1.55pm *Lunch*

Concurrent Sessions-Workshops

- 2.00 - 3.00pm
1. Sacroiliac joint Manual diagnosis
- *Wolfgang von Heymann*
 2. Drug review – what is effective in low back pain?
- *Keith Laubscher*
Physical Treatments in low back pain – a review
- *Lucy Holtzhausen*
 3. Clinical Assessment of Core Stability
- *Duncan Reid*
 4. Clinical Assessment & Application Sensorimotor Plasticity
- *Lars Arendt-Nielsen*

- 3.00 - 3.25pm *Afternoon Tea*

- 3.30 - 4.30pm
1. Instructional Course Dynamic Postural Control [Pt 1]
- *Jacob Patijn*
 2. The Degenerative Spine Evidence review of imaging. When changes might not be the cause of pain.
- *Dr J Borowczyk*
 3. Neurodynamics “failure of the peripheral nervous system to cope with external forces imposed on it by external force”
- *Richard Ellis*
 4. ACPM approach - “Core is the Key” and experience with realtime USS based assessment
- *Dr Rod Ayscough*

- 4.30pm Finish


- 4.40pm Extra-ordinary Meeting FAMM

Monday, 29 March: Day 3

- 8.00am Registration

Plenary Session

- 8.45 - 9.00am Welcome /house keeping



PROGRAMME cont'd

- 9.00 - 9.45am** Chair: **Dr Peter McKenzie**
Employer & Employee attitudes and the workplace
- **Paul Watson**
- 9.45 - 10.30am** "The Prevention and Management of Discomfort, Pain and Injury Programme" & "New Approaches from ACC to Rehabilitation of People with chronic low back pain"
- **Dr Alastair Wilson, ACC. Mr Chris Polaczuk, ACC**
- 10.30 - 10.55am** Morning Tea
- 11.00 - 11.45am** Chair: **Dr Lucy Holtzhausen**
Exposure in Vivo – a Clinical case
- **Johan Vlaeyen**
- 11.45 - 12.30pm** Surgical Perspective for Perspective for managing low back pain from Degenerative Disc Disease
- **Peter Roberston, Spinal Surgeon**
- 12.30 - 1.00pm** Questions for Speakers
- 1.00 - 1.55pm** Lunch
- Concurrent Sessions-Workshops**
- 2.00 - 3.00**
1. Sacroiliac joint [Pt 2] Manual Treatment
- **Wolfgang von Heymann**
 2. Pain Intervention Techniques
Medial Branch Blocks - **Charles Ng**
Radio frequency neurotomy - **James Watt**
Sacroiliac joint blocks - **Paul Quin**
 3. Radiology - Imaging for the Painful Low Back
- **Quentin Reeves**
 4. The transformation of low back pain into chronic pain/fibromyalgia. Referred pain from the hip and HPA hyperactivity
- **Giresh Kangi**
- 3.00 - 3.25** Afternoon Tea
- 3.30 - 4.30**
1. Instructional Course Dynamic Postural Control [Pt 2]
- **Jacob Patijn**
 2. Pain Intervention Outcomes
Transforaminal Injections - **Dr Wade King**
Efficacy radiofrequency neurotomy for chronic lumbar pain - **Dr John MacVicar**
Neuromodulation- Spinal Cord and Peripheral Nerve Field Stimulation - **Dr David Vivian**
 3. Enhancement of recovery in patients with ongoing pain and disability, following spinal surgery - a Musculoskeletal perspective.
- **Rick Bernau, Jonathan Kuttner & Ian Wallbridge**

4. "Ausback Study" Low Back Pain Outcomes in Australian Musculoskeletal Practices.
- **Michael Yelland**
Demonstration of Ultrasound-guided Lumbar Z jt blocks"
- **Dr Geoff Harding**

Tuesday, 30 March: Day 4

- 8.00am** Registration
- Plenary Session**
- 8.45 - 9.00am** Welcome /house keeping
- 9.00 - 9.45am** Chair: **Dr Paul Quin**
Managing Barriers for Return to Work or Maintaining Person in Workplace
- **Paul Watson**
- 9.45 - 10.30am** Effect of Practitioners Attitudes and Beliefs on Recovery
- **Johan Vlaeyen**
- 10.30 - 10.55am** Morning Tea
- 11.00 - 11.45am** Chair: **Dr Jim Borowczyk**
Emerging Technologies for Spinal Pain Intervention
- **Nik Bogduk**
- 11.45 - 12.30pm** Grand Summary - Short presentations from key speakers as to why chronicity can, or cannot, be prevented given the evidence in each of their respective fields of expertise
- **Lars Arendt-Nielsen, Duncan Reid, Paul Watson, Johan Vlaeyen**
- 12.30 - 1.00pm** Questions for Speakers/Close of Conference
- 1.00 - 1.55pm** Lunch
- End of Conference**



SOCIAL PROGRAMME

WELCOME COCKTAIL PARTY Friday 26th March, 7.00pm
Welcome reception will be held on the patio (weather permitting) Rendezvous Hotel Auckland, from 7.00pm. It will include beverages and finger food. The cost of this function is included in the full registration. Extra tickets can be purchased at \$45.00 each.
Please indicate your attendance by ticking the appropriate boxes on the registration form.

CONFERENCE DINNER Saturday 27th March, 7.00pm
Dinner will be held in the Grand Ballroom, Rendezvous Hotel Auckland from 7.00pm. The cost of the dinner is additional to the registration fee. Tickets are \$80.00 each and include beverages.
Please complete the conference dinner section on the registration form if you wish to attend. Admittance to the social function is by ticket only.



REGISTRATION INFORMATION

The registration desk will be located in the pre-function area, Rendezvous Hotel Auckland and will be open as follows.

Friday 26th March ~ 4.00pm – 7.30pm

Saturday 27th March ~ 8.00am – 5.00pm

Sunday 28th March ~ 8.00am – 5.00pm

Monday 29th March ~ 8.00am – 5.00pm

Tuesday 30th March ~ 8.00am – 2.00pm

Full delegates are required to register on Friday 26th March during the welcome cocktail function or Saturday 27th March from 8am. Day registrations are required to register on the morning of the first day of their attendance. Upon registration delegates will be issued with their registration pack including delegate satchel, program handbook, social event tickets and name badge.

HOW TO REGISTER FOR THE CONFERENCE

Registrations can be made via the meeting website www.musculoskeletal.co.nz. Visit the registration page of the meeting website and follow the prompts to complete the registration details as requested. We suggest that you print a copy of your registration prior to submission. Please note it is essential for all delegates to send a completed registration form together with payment of registration fees. All prices include GST.

Please note: Payment by credit card will show as SP Conference Management on your statement. Please refer to the included registration form for a full breakdown on fees. Full Registrations include entry to all sessions, satchel and contents, morning and afternoon teas, lunches and Welcome Reception. Weekend and Day Registration, as above, for the day of attendance, does not include the Welcome Reception or the Conference Dinner.

Registration and Payment (all fees in NZ \$)

Payment of fees in full MUST accompany all registration forms. No Registration will be confirmed until payment is received. Payment can be made by the following methods: credit card, personal or company cheque or bank transfer in New Zealand dollars. Cheques must be payable to NZ Assoc of Musculoskeletal Medicine. Each delegate must make a separate application. If payment is being processed through a large organisation please fax your form to the Secretariat, with a copy of the Purchase Order, and ask your accounts section to ensure that the original form is forwarded with payment as soon as possible. Confirmation will not be processed until payment is received. A GST invoice will ONLY be produced once the registration form and payment, or a Purchase Order has been received. Alternatively, retain a copy of the registration form, once submitted with payment, which will act as a valid Tax Invoice for GST purposes.

Confirmation & Receipt

The secretariat will email a confirmation letter acknowledging

your registration, accommodation booking and payment. Please bring this letter with you to the on-site registration desk at the meeting. If you do not receive an emailed acknowledgement within two weeks of sending the form, contact the Secretariat. Please check your confirmation letter carefully and notify the Secretariat immediately of any changes required.

Cancellation of Registration

Cancellations received in writing at the secretariat prior to Friday 26th February 2010 will receive a refund of fees, less an administrative fee of \$110. No refund will be issued after this date. Substitute delegates are welcome, please advise the name of the new delegate so name badges can be amended. Any changes to or cancellation of registrations must be in writing and emailed, mailed or faxed to the Secretariat.



ACCOMMODATION

Reservations have been made at Rendezvous Hotel Auckland and accommodation bookings for the following rates can only be booked through SP Conference Management. To secure your booking you are required to pay a deposit of one night's accommodation which will be given to the hotel. Accommodation cannot be guaranteed after Monday 1st February 2010. Rates quoted are per night per room. They include GST and do not include Breakfast. Those preferring other accommodation choices please visit www.auckland.nz.com/accommodation.aspx to make your own choice and booking.

Deluxe Rooms.....\$174.38

Rendezvous Hotel, Auckland

Rendezvous Hotel Auckland is New Zealand's largest hotel. From the moment you enter the dramatic atrium lobby, you will know that you have arrived in one of Auckland's premier hotels.

Located in the very heart of cosmopolitan Auckland, a stay at Rendezvous Hotel Auckland places you within walking distance of some of the city's finest dining, shopping and entertainment, including Queen St and the Viaduct Harbour. The hotel is also linked via an underground tunnel to four of Auckland's most significant venues - Aotea Centre, The Civic, Auckland Town Hall and Aotea Square - making it ideal for those in town to see a show.

Accommodation options at Rendezvous Hotel Auckland range from the indulgent to the divine, and the hotel offers fantastic facilities for business and leisure travellers alike. These include a business centre, health club, indoor heated swimming pool, individual male and female saunas, Japanese rooftop garden, and a variety of award-winning restaurants and bars.

Accommodation rooms are spacious and saturated with natural light from large windows overlooking the bustling and beautiful

Auckland landscape, our Deluxe Rooms are the perfect place from which to enjoy this stunning city.

The moment you step into our decadent Deluxe Rooms, you will be impressed with the 36 square metres of floor space in each room, affording you the choice of three bedding configurations - one king, two doubles or two king single beds. The light filled interior flows through into extravagant marble bathrooms which feature deep, full-sized baths and separate showers.

Deluxe Room Features:

Floor to ceiling windows

Separate shower and bath in all bathrooms

Your choice of one king, two double or two king single beds

Fully stocked mini bar

Complimentary tea and coffee making facilities

Local TV channels, Cable TV and pay per view movies

Direct dial telephone with guest voicemail

Iron and ironing board

Hairdryer

Cancellations

No accommodation deposits will be refunded after 25th December 2009. Rooms cancelled after this date will be charged a cancellation fee equal to one night's accommodation by the hotel.

Early and Late Arrival

Check in is from 1400 hrs. Whilst the hotel will do everything possible to accommodate early arrivals, if you wish to be guaranteed immediate access to your room, you will need to pay an extra day's tariff for the night before. Please indicate your expected time of arrival as failure to do so might mean your room could be released.



PRE AND POST TOURS

There are many sights and attractions around Auckland and the region that delegates and partners can participate in. Please visit www.auckland.nz.com for information on these activities. You can book your tours on line or we can arrange bookings during the conference for post tours.



GENERAL INFORMATION

Airport Transfers

Airbus Express – departs every 15 min and takes 40-50 minutes to CBD. \$15 one way \$22 return

Airport Super Shuttle – depart from outside the terminal approx \$25 per person to CBD

Taxi's – depart from outside the terminal approx \$60 to CBD

Catering

Morning and afternoon teas, and lunches, are included in the registration fee. They will be served in the pre-function area on Level One each day. Name badges must be worn to enter this area.

Dietary and Mobility needs

Should you require any special assistance, catering or transport arrangements to be made on your behalf, please include a notation on your registration form.

Name Badges & Tickets

Name badges and delegate bags will be provided at the Registration Desk located in the pre-function area on Level One. Admission to all sessions, morning and afternoon teas and lunches is by name badge only. Entry tickets will be given for the dinner.

Parking

The Rendezvous Hotel Auckland carpark is located beside the hotel and accessible via Mayoral Drive. The hotel offers a special parking rate of \$10.00 for conference delegates. Please note that car parks are subject to availability.

Privacy

Please complete the section of the registration form relating to privacy if you do not wish your personal information to be included in the published Participant List, which will be circulated to all delegates and exhibitors at the meeting.

Disclaimer

Every effort has been made to present as accurately as possible, all the information contained in this brochure. NZ Association of Muscularskeletal Medicine, SP Conference Management, its Agents or Servants or the Sponsors will not be held responsible for any changes in the structure or content of the program and any general or specific information published in this brochure. The Organising Committee reserves the right to change any or all of these details.