



# Chronic Pain

## Hands on – Hands off?

We all see chronic pain patients who wish to be taking less medication. Our one day workshop follows four Adelaide trained physiotherapists who have found less conventional approaches to make this achievable.

Enjoy the delights of the Adelaide hills at the Bird in Hand winery and learn how counterstrain, craniosacral therapy, exercise and mind-body work can help change the cycle of suffering.

**22nd of Sept 2017**

**Bookings:**

**[www.healthwiseim.com.au](http://www.healthwiseim.com.au)**

**Venue:**

**Bird In Hand Winery**

**\$250**

**Guests eligible for a 15% discount on wine at cellar door.**

**8.30 – 9.00am**

**Registration and Welcome**

**9.00 – 10.30am**

**Haydn Gambling**

Counterstrain For Chronic Pain

**10.30 – 12.00 noon**

**Erin Riley**

Craniosacral Therapy For Chronic Pain

**12.00 – 1.00pm**

**Lunch**

**1.00 – 2.30pm**

**James McEwan**

Exercise For Chronic Pain

**2.30 – 4.00pm**

**Adam Cootes**

The Origins Of Pain From A Mind-Body Perspective

**4.00pm**

**Conclusion**

Wine, Cheese & Mingle



**Presenter**

## Haydn Gambling

BAppSc.Physio. APAM. JSCCI

Haydn is an Adelaide based physiotherapist with over 25 years' experience of managing chronic pain conditions with manual therapy. He has taught Integrative Manual Therapy courses and Counterstrain courses in Australia and UK since 2000 and is the first Australian practitioner to gain instructor certification with Jones Institute, the originators of Counterstrain.

**9.00 – 10.30am**

## Counterstrain For Chronic Pain

Counterstrain is a gentle manual therapy that uses positioning to eliminate protective reflexes that perpetuate pain and dysfunction. Counterstrain has advanced significantly since its creation by Dr Lawrence Jones in 1955. This presentation and practical demonstration will cover the origins of the classical technique, the neuromuscular basis for its application and the existing evidence base. Also discussed will be how the technique has undergone an evolution in the past decade with the introduction of fascial counterstrain creating a new neurophysiological basis. The presentation will conclude with a practical demonstration of the classic and fascial techniques with volunteers presenting with dysfunction.



**Presenter**

## Erin Riley

B. Physiotherapy. CST-D. APAM

Erin Riley is an international lecturer, certification examiner and clinical mentor in CranioSacral Therapy for the Upledger Institute International. Erin maintains busy private clinical practices in both Adelaide and Melbourne, Australia.

**10.30 – 12.00 noon**

## CranioSacral Therapy for Chronic Pain

CranioSacral Therapy is a gentle manual therapy that utilises receptive touch to evaluate and treat dysfunctions within the craniosacral system. This system is comprised of the brain and spinal cord, cerebrospinal fluid and membrane system surrounding these structures. Due to the core nature of the craniosacral system, CranioSacral Therapy is very effective for treating not only chronic pain, but assisting in improving function of all biological systems. Erin will present a historical perspective on the discovery and development of CranioSacral Therapy as well as a current day model for its application in clinical practice. Erin will also offer the opportunity to experience the craniosacral system in a practical, hands-on way; showing attendees how to palpate the craniosacral rhythm.



**Presenter**

## James McEwan

Bach. Physiotherapy APAM JSCC

James is Director and Consultative physiotherapist at Adelaide Advanced Physiotherapy, a private clinic in the CBD of Adelaide providing a true holistic approach to improving people's function through hands on assessment and treatment of all systems.

He has been lecturing REHAB Trainer courses for over 7 years, instructs for Rocktape and is one of 2 practitioners in Australia to be a certified Counterstrain practitioner with the Jones Institute.

**1.00 - 2.30pm**

## Exercise for Chronic Pain

Are we directing our clients correctly when prescribing exercise?

What is exercise anyway?

James will question our definition of exercise and the expectations when prescribing it as part of the treatment for chronic pain. As a survival response, a neural fog can develop in relation to the site of pain or injury, creating a physical disconnect that can be held permanently. Trying to re-calibrate the neuromuscular afferent pathway through exercise can be hit or miss. So, what are we doing wrong? A series of foundation movement exercises will be demonstrated, so be prepared to move a little.



**Presenter**

## Adam Cootes

B.AppSc.Physio

Adam is a Mind-Body Therapist working in clinical practice in Adelaide. Adam has been running workshops around Australia for health practitioners on the subjects of pain and stress for the past decade. Adam has integrated his grounding knowledge in the body as a physiotherapist with his extensive study of mind-body science, eastern philosophy and western psychological theory to develop a profound understanding of the human condition.

**2.30 - 4.00pm**

## Understanding the origins of pain from a Mind-Body perspective and tools for changing it.

Adam will illustrate the inseparable nature of mind and body. He will explain the way in which stress and trauma cause and influence pain experience and what can be done to help. The presentation will also cover the influence that a person's relationship with their body has on resolving chronic pain and the positive paradigm shift that is required here.