

WORKSHOP ON UNDERSTANDING PAIN, ALEXANDER TECHNIQUE AND CLINICAL PILATES



DATE: 29 August, 4 and 11 September, 2011

VENUE: RECOUP Auditorium,

#312,10th Block, Further Extension of Anjanapura Layout, Bangalore -62

Course Objective:

- 1) To provide opportunities for physiotherapists to apply pain assessment and management skills to various patients and groups within society.
- 2) To teach physiotherapist Skill approach towards steps to patient recovery.
- 3) To gain understanding of posture, spinal stabilisation and core strengthening in case of spinal pain.
- 4) To provide practical exposure in Alexander technique incorporating McConnell taping and postural alignment.

Faculty: Marilyn Lock (*Bachelor of Applied Science in Physiotherapy, PG Diploma in Sports Physiotherapy (Latrobe Uni) Certificate for Teaching the Alexander Technique Melbourne, Certificate of Injury management and Ergonomics RMIT*)



- Marilyn Lock has worked in a wide range of physiotherapy environments for over 30 years.
- Marilyn enjoys the challenge that a holistic-based practice offers. She believes in quick identification of the cause of a problem and effective treatment outcomes.
- Prevention of recurrence of injury and pain are essential components of Marilyn's physiotherapy, clinical Pilates and Alexander Technique consultations.
- Marylyn has enjoyed working with many community and supporting groups over the years. This has involved treatment, presentations and workshops.

Programme Schedule

Workshop I (28 August, 2011)

9:00 am-11:00 am: Pain management, recent developments in pain research in Australia

11:30 am-1:30 pm: Approaches to enhance compliance to the rehabilitation program

2:30 pm-4:30 pm: The importance of movement in the management of chronic pain

Workshop II (4 September, 2011)

9:00 am-11:00 am: Postural alignment. Definitions vary with different professions

11:30 am-1:30 pm: Posture/ Alignment with the Alexander technique

2:30 pm-4:30 pm: Joint stabilisation Of the Knee and shoulder using the Mc Connell technique.

Workshop III (11 September, 2011)

9:00 am-11:00 am: Clinical Pilates (CP). Developed by Dance Medicine Australia in the 90s, based on the series by Joseph Pilates

11:30 am-1:30 pm: Choice of CP series and progression

2:30 pm-4:30 pm: Transference of Skills in daily activities at work, home, sports and performance

Course Fee: Professionals: Rs.6000 /-, Students: 5000 Rs. /- (Each Workshop-2500/-)
(Includes Course CD, Course Transcript & Certificate)

Please make Cheques / DD in favour of "RECOUP", payable at Bangalore (Add Rs. 60 for outstation cheques). Students must enclose a supporting certificate from the Head of Institution. Limited affordable accommodation is available on first come first serve basis.

You can also register online at www.recoup.in and make the payment with credit card. Limited registrations are available.

ADDRESS FOR CORRESPONDENCE

Course Coordinator

Mr.Nirav Bhavsar,

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