

## **RECOUP Upcoming Workshop**

### **1) Workshop on Rehabilitation of Neuropathic Pain and Fibromyalgia**

**Date:** July 20-21, 2013

**Venue:** Recoup Neuromusculoskeletal Rehabilitation Centre, 10<sup>th</sup> Block, Further Extension of Anjanapura BDA Layout, Lalbahadur Shastri Nagar, Near Gottigere, Bannerghatta Road, Bangalore.

**Credit Hours:** 18 Hours

**Course Fee:** 2000/-

**Topics Covered:**

**Mechanism of Central and Peripheral Pain, Definitions, Assessment, Diagnosis and Prognosis of Neuropathic Pain and Fibromyalgia.**

**Practical Session: Management using SHARANs Protocol (Myotherapy, Stress Loading, Sensory Desensitisation, Graded Motor Imagery, Mirror Therapy, EMG Biofeedback, Whole Body Vibration Therapy, etc.)**

### **2) Basic Course in Office Ergonomics (August 19-21, 2013) & Advanced Workshop on Ergonomics Workplace Analysis: Postural Assessment Tools, Strain Index, OCRA and Revised NIOSH Lifting Equation (August 22-25, 2013)**

**Credit Hours:** Office Ergonomics: 27 hours EWA: 36 hours

#### **Topics**

##### **Office Ergonomics**

**Prevalence of WRMSD, Risk factors (Personal, Environmental, Ergonomic, Psychosocial), Diagnosis, Assessment of a Worker with WRMSD, Overview of Risk Assessment Tools, Preventive Strategies, Special Input Devices and Ergonomics Accessories, On site Ergonomics Programmes, Office ergonomics for extraordinary population, Travel Ergonomics, Laptop Ergonomics, Cognitive Ergonomics, Visual Ergonomics, Ergonomics of Hand Held devices. Practical Sessions on Chair Evaluation, Application of surface EMG in Office Ergonomics, Computer workstation assessment and troubleshooting common ergonomic mistakes, Preventive Exercises.**

#### **CERTIFICATION**

**Basic Course in Office ergonomics, Postural Assessment Tools, Strain Index:** RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore

**Revised NIOSH Lifting Equation (RNLE) and Occupational Repetitive Action (OCRA):** EPM International Ergonomics School, Milano, Italy

**Course Fees:** Basic Course: Students – 3500/-, Professionals-4500/- Advance Course: 8000/- Combined Fees: 11,000/-

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