

Science Based Manual & Movement Interventions for RMTs

With Eric Purves, RMT, MRSc
& Richard McIlmoyle, DC, BSc, PgCPain

A continuing education seminar

July 13 & 14, 2019

Vernon, BC

Saturday & Sunday 9:00 am - 5:00 pm

14 CEUs

Registration

early bird—\$415 + GST
after June 1, 2019—\$450 + GST

Contact OVCMT

Toll-Free Phone: 1-800-701-8863
Fax: 250-558-3748
Email: lisa_walker@ovcmt.com

Location

Okanagan Valley College of Massage Therapy
#200-3400 30th Avenue
Vernon, BC V1T 2E2

Course Outline and Objectives

This 2-day course focuses on the relevant science and latest evidence behind how massage therapy, manual techniques, movement and exercise interventions exert their effects on the musculoskeletal system and influence sensory and behavioural change. The focus is on using manual and movement interventions in a manner that is consistent with the evidence and theories of how biopsychosocial factors can impact pain and its related disability.

This course teaches how to modify traditional massage and manual therapy practice to improve treatment outcomes and obtain more consistent results with complex pain and health conditions. There is an emphasis on how to use a biopsychosocial framework in practice.

Conducting a biopsychosocial interview. Understanding the person's lived experience and determining clinical targets for treatment.

Assessment: Validity and use of orthopaedic and special tests

Treatment: Hands on, movement/exercise prescription and patient pain science education

Learning Objectives

Understanding the role of biomechanics and tissue health with a patient's pain experience

Understanding the importance of psychosocial factors and how to use educational strategies, movement and manual techniques to influence those factors

Appreciate the complexities of pain from a biopsychosocial perspective

Understanding of new evidence-based frameworks on persistent pain to enhance their practice, improve patient outcomes, and decrease practitioner stress

Delivery

This will be a fun, informative and highly interactive weekend where participants will learn valuable knowledge and skills to advance their practice.

Discussion, observation, case studies, practical applications, small group and partner work will be used to emphasize key learning objectives.

Eric Purves RMT, MRSc—Eric is a graduate from WCCMT Victoria and has been working as an RMT for over 13 years. He is the co-owner of Achieve Health, a multidisciplinary clinic in Victoria, BC. In May 2019 Eric will graduate from the University of British Columbia with a master's degree in rehabilitation science. His main area of research and rehabilitation interest is the incorporation of evidence-based and biopsychosocial frameworks into RMT practice. Since 2016 Eric has been a faculty member with PainBC where he teaches a workshop he created for RMT's on understanding and treating chronic pain more effectively. He was also the co-chair for the RMTBC's advanced practice group in pain management. Eric regularly teaches and hosts educational workshops on pain, manual and movement therapies and rehabilitation principles for health care providers across North America.

Ricahrd McIlmoyle, DC, BSc, PgCPain—Richard has been a chiropractor for over 17 years and has been teaching neurology at WCCMT Victoria since 2004. He is an associate faculty member at PainBC where he teaches a chronic pain management workshop for chiropractors. He recently completed his graduate certificate in pain management from the University of Alberta.

