

Emirates Physiotherapy Society Newsletter

Issue 1 - March 2017



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EPS Committee Members

EPS would like to welcome the following members who joined its committees:

Scientific Committee : Mrs. Thanooja Nauhada, Mrs. Veena Laxman, Dr. Murat Dalkilinc, Mrs. Ana Alexandra Anjos, Ms Nermin Farshoukh

Cultural Committee: Mrs Shadin Bassas, Ms Khadija Shaker, Ms Aya Alghouti, Mrs Meera Alsaeedi, Ms Hajar Albolushi

Welcome Message

Dear Colleagues

We would like to welcome you to the first issue of EPS newsletter aiming to establish an additional communication channel between the society and physiotherapists in the UAE. We look forward toward your contributions into the future issues



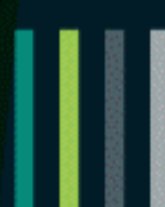
Amal Alshamlan
President, EPS



Neurodynamic , Analysis & Management of Neurogenic Pain
(advanced Level)

3 - 6 May 2017

Prof Jogn Langendoen



Understanding Lumbar & Pelvic Girdle Pain

27 - 29 Oct 2017

Prof Andry Vleeming



Complex Decongestive Therapy Diploma

Module I 21 - 24 Sep 2017

Module II 16 - 29 Nov 2017

Module III 18 - 24 Jan 2018

Mr Samir Bakija



Upcoming Courses

NOCEBO EFFECT

Is when the patient has negative expectation from a specific phenomenon which can cause it to have negative effect than it would otherwise do. It can have a psychological or physiological effect. For example, when the brain thinks that the body is in danger, it will produce pain

www.bodymind.com

Highlights from EPS Album



CENTRAL SENSITIZATION PAIN

Central sensitization pain (CSP) has been operationally defined as "an amplification of neural signaling within the central nervous system that elicits pain hypersensitivity of the dorsal horn" (Woolf, 2011).

Central sensitization results in many changes in the CNS such as, hyper synaptic excitability, lowered thresholds of activation and increase of receptive fields (Latremoliere and Woolf, 2009), secondary hyperalgesia, pain that's produced from a non-noxious input (allodynia).

Three symptoms and one sign have been identified for a clinical classification of CSP in patients with low back pain (Smart et al., 2012):

- Disproportionate, non-mechanical, unpredictable pattern of pain provocation in response to multiple/non-specific aggravating/easing factors
- Pain disproportionate to the nature and extent of injury or pathology
- Strong association with abnormal psychosocial factors (e.g. negative emotions, poor self efficacy, maladaptive beliefs and pain behaviors)
- Diffuse/non-anatomic areas of pain/tenderness on palpation

SMART, K. M., BLAKE, C., STAINES, A., THACKER, M. & DOODY, C. 2012. Mechanisms-based classifications of musculoskeletal pain: part 1 of 3: symptoms and signs of central sensitisation in patients with low back (+/- leg) pain. *Man Ther*, 17, 336-44.

WOOLF, C. J. 2011. Central sensitization: implications for the diagnosis and treatment of pain. *Pain*, 152, S2-15.

EPS recent activities

- * Peter O'Sullivan's CFT Course
- * Complete Decongestive Therapy Course
- * Clinical Taping for Musculoskeletal conditions course

Recent EPS seminars :

- * 2nd Musculoskeletal Seminar "The back"
- * 1st Pediatric Seminar "
- * 3rd Musculoskeletal Seminar "The Shoulder"
- * 2nd Pediatric Seminar "Prematurity Study Day"
- * 4th Musculoskeletal Seminar "Head & Neck"

Upcoming Seminars :

- 30th March 2017 3rd Pediatric Seminar "Updates on Cerebral Palsy"
- 4th May 2017 5th Musculoskeletal Seminar "Pain"

MESSAGES THAT CAN HARM IN PATIENTS WITH NON-SPECIFIC LOW BACK PAIN

01 Promote beliefs about structural damage/dysfunction
"You have the back of 70-year-old"
"It's wear and tear"
"Your back is damaged"

02 Promote fear beyond acute phase
"You have to be careful/take it easy from now on"
"Your back is weak"
"You should avoid bending/lifting"

03 Hurt equals harm
"Stop if you feel any pain"

O'Sullivan P & Lin I (2014) Back Pain beyond drug therapies. *Pain Management Today*. 1 (1) : 8-13

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