

THE AGING SPINE – Parts 1, 2 & 3 (12.5 FLA Hours)

Part 1 - (4.5 FLA Hours)

Manual therapies & complementary therapies in the treatment of the aging spine (60 minutes)

Dr Paul Doherty DC, DABCO and Dr Michael Schneider DC, PhD

Older adults are unique in the varied co-morbidities which may require a modification of the types of therapies that can be employed, particularly manual therapy type approaches. This video will review the various co-morbidities that may require modification or contraindication to manual therapies. The presenters also discuss the psychosocial concerns in delivering manual therapy to older adults including modifications that must be made in the cognitively impaired. This practical lecture will allow you to better recognize the potential concerns in older adults and give suggestions on modifications that can be made in this population to deliver manual therapy.

Unique history & physical examination principles (60 minutes)

Dr Paul Doherty DC, DABCO

The unique concerns of older adults, specifically the complex nature of aging requires that one take special consideration in both history taking and physical examination. This presentation will discuss the unique concerns in history taking including: multiple medications, multiple co-morbidities, cognitive impairment and other factors that guide one in the appropriate formation of a differential diagnosis and treatment plan.

Exercise principles in older adults (45 minutes)

Dr Paul Doherty DC, DABCO

This video lecture will review the data on the importance of physical activity in older adults. In addition it will discuss the evidence base for different exercise programs including core stabilization, tai chi, yoga and other specific programs. The presenters will also discuss motivational strategies that may be considered in working with the older adult to assure compliance because in the end, "the exercise program that works is the one that people will do."

Clinical outcome measures in the older adult (60 minutes)

Dr Paul Doherty DC, DABCO

Assessing clinical improvement is a complex issue in the treatment of chronic pain conditions. This video lecture will focus on the dangers of focusing only on pain and discuss the role of patient centred outcome measures. The presenters will also discuss various tools that focus primarily on patient centred and patient determined goals as well as some new and innovative tools that are available to monitor a patients' physical activity. In addition this lecture includes some practical, time efficient tests that can be used in the office to assess balance and improvement with care.

General wellness issues in older adults (45 minutes)

Dr Michael Schneider DC, PhD and Dr Paul Doherty DC, DABCO

This video lecture will review general issues of how pain syndromes and nutritional factors affect the general wellness of the older adult. The video also will reviews specific ways that a chiropractor or osteopath, in his/her office can start to address these issues in practical ways that involve patient education and advice. The video lecture reviews nutritional considerations and discusses evidence based approaches to eating and nutritional supplementation recommendations.

Part 2 - (4.0 FLA Hours)

Imaging of the aging spine (1 hour 15 minutes)

Dr Phil Lucas MBBS FRANZCR

This video lecture is a pictorial essay which includes discussion about the multiple imaging modalities available to image the spine and the appearances of normal spine and age related conditions such as osteoporosis, degenerative spondylosis, and central and lateral canal stenosis. The use of plain films, CT, MRI and nuclear medicine in diagnostic workup is also discussed. The DEXA test for osteoporosis will be explained. A short discussion is also provided regarding the use of image guided procedures performed in the spine for these conditions and their rationale. These include facet joint injections, perineural injections and epidural injections.

Falls and the effects of therapy on multi-modal integration (30 minutes)

Dr Heidi Haavik BSc (Chiro), PhD

Can chiropractic care improve sensorimotor function in older adults? In this presentation the relationship between age, falls and audio-visual processing will be discussed. Several studies have shown lasting changes in somatosensory processing, sensorimotor integration and motor control following spinal manipulation of dysfunctional segments. The hypothesis and research supporting the notion that articular dysfunction in the spine results in altered afferent input to the CNS that modifies the way the CNS processes and integrates all subsequent sensory input, is discussed.

Neurophysiology of falls in the older adult (45 minutes)

Dr Kim Delbaere MPT, PhD

There is now robust evidence on fall risk factors and targeted intervention strategies to prevent falls in older people. This presentation will provide a summary of fall risk assessment and fall prevention strategies for older people in the community. Validated fall risk assessment tools can give a strong indication of a person's risk of falling and should be incorporated into clinical practice.

Surgical Presentations of the Adult Aging Spine (1 hour 30minutes)

Mr David de la Harpe BAppSc (Chiro), MBBS, MS, FRACS (Ortho)

In this video the various pathologies of the ageing spine are discussed as well as their possible surgical and non-surgical solutions or management and where appropriate multi-disciplinary treatment approach to these conditions. Common bony compressive syndromes resulting in stenosis is discussed along with the spinal complications associated with osteoporosis. The presentation also covers the less common but extremely important conditions of the aging spine such as metastatic disease, as well as decreased immune competence and spinal infection.

Part 3 - (4.0 FLA Hours)

Flexion Distraction (60 minutes)

Dr Michael Schneider DC, PhD

In this video lecture Dr Mike Schneider discusses the results of his research on the treatment of central canal stenosis of the lumbar spine with flexion/distraction therapy and useful outcome measures for this increasingly common condition.

What's new and what hasn't changed in rheumatology (30 minutes)

Dr Paul Bird MBBS (Hon), FRACP, MD

Over the past 20 years the treatment of some rheumatological diseases, like osteoarthritis, polymyositis etc., has remained unchanged, while for some diseases, such as rheumatoid arthritis, psoriatic arthritis etc. there has been dramatic and spectacular improvements in understanding, treatment and outcome. In this presentation Specialist Rheumatologist Dr Paul Bird discusses the rationale and efficacy of both old and new treatments for the more common rheumatological diseases

Five questions to prevent disaster (45 minutes)

Dr Paul Bird MBBS (Hon), FRACP, MD

In this presentation Dr Bird outlines the "Five Questions to Prevent Disaster". These questions will take 1-2 minutes and will highlight the possibility of serious neoplastic, infective or inflammatory causes of otherwise degenerative sounding back or musculoskeletal pain. These 1-2 minutes may be time very well spent in preventing disaster?

Grand Rounds Panel (1 hour 45 minutes)

Mr David de la Harpe, Dr Paul Bird, Dr Heidi Haavik, Dr Kim Delbaere, Dr Phil Lucas, Dr Mike Schneider, Dr Paul Dougherty

This Grand Rounds Panel discussion presents a number of everyday case presentations which are discussed in depth by an expert panel. Discussion is focused on examination, diagnosis and management of these common presentations.