Understanding Pain Mechanisms in Musculoskeletal Disorders: What does this mean for Exercise Prescription?

Perth, 19 & 26 October 2016

Pain is generally why people with musculoskeletal disorders seek care. Understanding the mechanisms underlying pain is required for effective, targeted management. The first session of this professional development will discuss contemporary understanding of pain mechanisms and how this relates to client presentations. Pacing of exercise is a necessary consideration in prescribing rehabilitation programs for clients with musculoskeletal pain.

The second session of this professional development will describe strategies for exercise prescription related to specific pain mechanisms, and how might influence prescription of specific exercises and rehabilitation programs as a whole. Application of these principles to common musculoskeletal pain presentations will be explored.

Presented by Dr Darren Beales PhD, FACP

Dr Darren Beales is a Senior Research Fellow at Curtin University and Specialist Musculoskeletal Physiotherapist. His research interests include improving understanding of the biopsychosocial nature of pain disorders from a lifespan perspective, and facilitating integration of this knowledge into clinical practice and public policy. He works as a consultant physiotherapist at Pain Options in the private and third-party clients.

Registration

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<tr>
<th>Earlybird</th>
<th>(Received on or before 5 October 2016)</th>
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<tr>
<td>ESSA Member</td>
<td>$120.00</td>
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<td>Non-Member</td>
<td>$195.00</td>
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<tr>
<td>ESSA Student Member</td>
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<tr>
<td>Student Non-Member</td>
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<th>Standard</th>
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Registration is now available online or via the manual form attached. Places are limited.

This professional development is a 2 part series and therefore registration is for the 2 part series only. Single workshop registration is not available.

Important Information

Target Audience: Any Accredited Exercise Physiologists

Dates: 2 part series. Wednesday, 19 and Wednesday, 26 October 2016

Time: 6:30pm – 8:30pm

Venue: Perth, WA

Audience Disclaimer: All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice/Standards, and only treat/practice within the same.
### Manual Registration Form

**Understanding Pain Mechanisms in Musculoskeletal Disorders**  
**Perth, 19 & 26 October 2016**

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**Title:**  
First Name: __________________________ Surname: __________________________ ESSA #:__________

**Address:** __________________________ __________________________ __________________________

City: __________________________ State: ____________ Postcode: ____________

Mobile: __________________________ Email: __________________________

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#### Registration:

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<td>$65.00</td>
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</tbody>
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**Payment Details:**

Payment can be made by credit card, by a cheque/money order or direct deposit.

- **TAX INVOICE**  
  - Please forward me a tax invoice for payment

- **CHEQUE**  
  - I have attached a cheque *(Made payable to “Exercise & Sports Science Australia”)*

- **CREDIT CARD**  
  - I authorise ESSA to debit the following card for the amount of $____________ plus a 1.5% merchant fee
  - Visa
  - MasterCard
  - Card number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ Expiry: __ / __
  - Name of Cardholder: __________________________
  - Signature: __________________________

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**Terms & Conditions:**

Upon registering for any of ESSA’s Professional Development, you automatically agree to the below terms & conditions

**Confirmation**  
You will receive a confirmation via email within 5 working days of your registration and payment being received by ESSA. If this is not received, contact education@essa.org.au

**Registration Fees**  
All registration fees are listed within the marketing material and registration form. Registration is available for 2 part series only. Single workshop registration is not available. CPD points will be provided based on attendance to 2 part series only.  
**ESSA Member:** Applicable to all current financial ESSA members.  
**Non-Member:** Applicable to anyone, including accredited persons, who are not current financial ESSA members.  
**ESSA Student Member:** Applicable to any ESSA Student Member, or current financial full ESSA member and a full time student (within our scope of practice). If full member, please complete the manual form and provide a copy of your ESSA profile. Without this information, the member rate will apply.  
**Student Non-Member:** Applicable to full time students, studying within our scope of practice, at a university institution. Student ID required.

**Audience Disclaimer**  
All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice/Standards, and only treat/practice within the same.

**Payment Policy**  
- All Professional Development must be fully paid before registration is confirmed  
- Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard)

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**Cancellation Policy**  
To receive the earlybird rate, registration with payment must be received by ESSA by the earlybird closing date. If payment is not received by this date, your registration fee will automatically be amended to the standard rate.

- 100% of registration fees will be returned if ESSA course is cancelled. Please forward me a tax invoice for payment
- 75% of registration fees will be returned if ESSA course is cancelled. Please forward me a tax invoice for payment
- 50% of registration fees will be returned if ESSA course is cancelled. Please forward me a tax invoice for payment
- 25% of registration fees will be returned if ESSA course is cancelled. Please forward me a tax invoice for payment

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**Substitution Policy**  
Substitutes/Replacements are welcome, if written notice is received by ESSA by Friday, 14 October 2016, providing full details of substitute delegate. No substitution allowed for 2nd part, if they did not attend the 1st part of series. Forward information to education@essa.org.au

**Registration Numbers**  
All of ESSA’s professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

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**Correct at time of printing: 20 September 2016**