



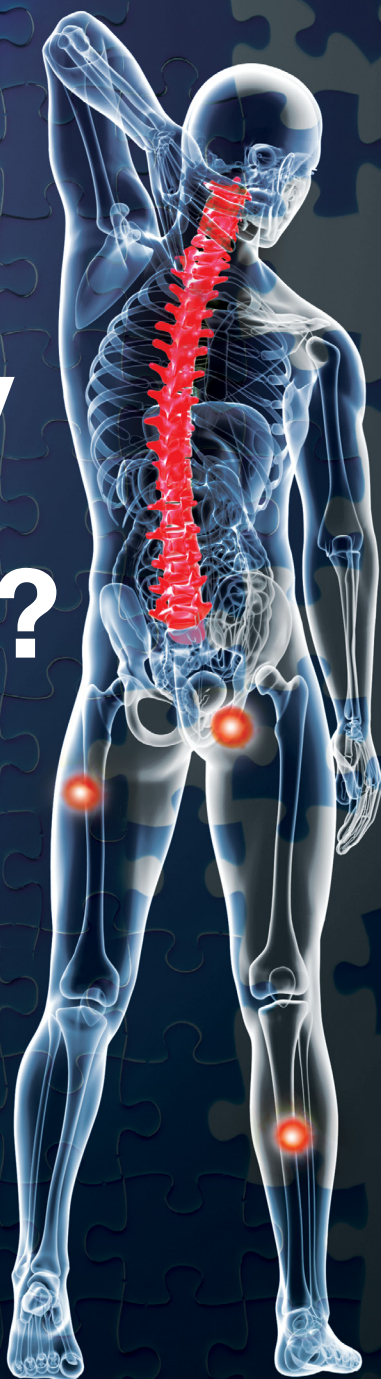
2015 Musculoskeletal  
Conference

# Is it Really a Pain in the...Back?

An interprofessional  
approach to back pain  
assessment and  
rehabilitation

**May 29, 2015**

Marriott Bloor Yorkville Hotel  
90 Bloor street East  
Toronto, ON



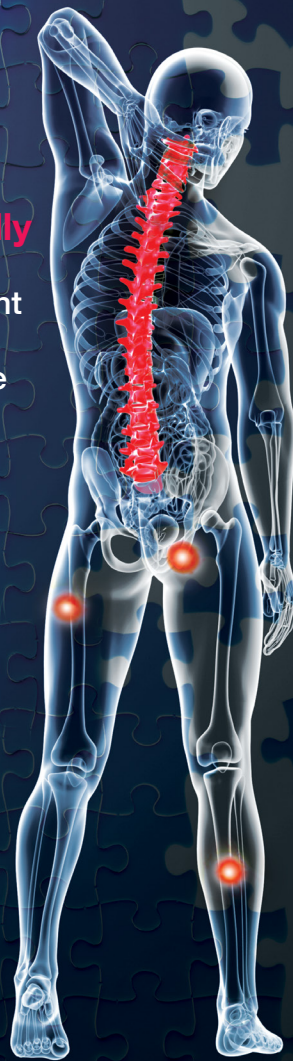
Register now at:

<https://ers.snapuptickets.com/UHN/MSK2015>

## 2015 Musculoskeletal Conference Program

Toronto Rehabilitation Institute – UHN is pleased to announce the 2015 Musculoskeletal Conference, **"Is it really a pain in the...back?"** An interprofessional approach to back pain assessment and rehabilitation". Join fellow health care professionals to network, exchange knowledge and share best practices in the delivery of care to this population.

Leading back care experts will focus on the evolving complexity in caring for individuals with back pain. We will highlight the current health care landscape and trends; conservative management and surgical decision making as well as feature four workshops that will explore: screening and management of inflammatory back conditions; legal considerations; the role of pharmaceuticals and practical therapeutic interventions in back rehabilitation.



### Overall learning objectives:

- To identify the mechanisms and pathophysiology that result in back pain
- Recognize and apply practical interprofessional skills and ideas to facilitate and enhance delivery of care to the back client
- Examine and discuss current research and outcome measures related to back care

**Register now and don't miss out!** Benefit from a full day of pure productivity featuring enlightening keynote presentations and interactive workshops.



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7:15 – 8:00 a.m. Breakfast and registration

### 8:00 – 8:15 a.m. Welcoming Remarks

#### Current Health Care Landscape and Trends

##### John Flannery, MD, FRCPC

Medical Director, Physical Medicine and Rehabilitation, Toronto Rehabilitation Institute – University Health Network; Associate Professor, University of Toronto

### 8:15 – 8:55 a.m. Interprofessional Spine Assessment and Education Clinics (ISAEC): From self-management to surgery.

##### Y. Raja Rampersaud, MD, FRCSC

Orthopaedic Spine Surgeon, Toronto Western Hospital – University Health Network; Associate Professor of Surgery, University of Toronto; Lead, Provincial Inter-professional Spine Assessment and Education Clinics (ISAEC); Co-Chair, Provincial Quality Based Pathway, Neck and Low Back Pain, Advocacy Chair, Canadian Spine Society

This presentation will provide an overview of the rationale of the ISAEC pilot program and its early impact on the management of LBP. It will also specifically discuss the key features of high risk patients at all points along the continuum of care and getting the right patient to the right provider at the right time

### Learning Objectives

1. Describe the value of an interprofessional approach to LBP.
2. Discuss the importance of stratified care in LBP.
3. Identify indications for surgical referral.

### 8:55 – 9:05 a.m. Question and Answer Period

### 9:05 – 9:45 a.m. Spine and Sport: From Mechanics to Dynamics

##### Julia M. K. Alleyne MD, CCFP, Dip Sports Med

Family Physician Toronto Rehabilitation Institute – University Health Network; Associate Clinical Professor, University of Toronto, Department of Family and Community Medicine.

Common sport injuries affecting the spine are often related to the mechanics of overuse, impact and/or alignment disorders. An analytic approach to assessment and treatment will provide the audience with insight into care of the athlete with lessons applicable to all back pain patients.

### Learning Objectives

1. To describe common sport injuries affecting the spine that are often related to the mechanics of overuse, impact and/or alignment disorders
2. To provide an analytic approach to assessment and treatment of spine injuries in athletes that are applicable to all back pain patients



# Is it really a pain in the...back? An interprofessional approach to back pain assessment and rehabilitation

9:45 – 9:55 a.m. Question and Answer Period

9:55 – 10:15 a.m. Break

## 10:15 – 10:55 a.m. Recent Advances in Ankylosing Spondylitis (AS)

### Nigil Haroon, MD, PhD, DM

Co-Director of Spondylitis Program – University Health Network; Assistant Professor of Rheumatology and Medicine, University of Toronto; Clinician Scientist, University Health Network

This presentation will discuss pathogenesis, imaging and pharmacological management of ankylosing spondylitis

### Learning Objectives

Understand:

1. Recent advances in the pathogenesis of AS
2. Approach to imaging and diagnosis of AS
3. Pharmacological treatment modalities in AS

10:55 – 11:05 a.m. Transition to Breakout Session 1

### 11:05 a.m. – 12:00 p.m. Concurrent Workshops – Session 1

Workshops 1 to 4 will run concurrently from 11:05 a.m. – 12:00 p.m. and again from 1:50 – 2:45 p.m.

## WORKSHOP 1

### Early Screening and Non-Pharmacological Management of Ankylosing Spondylitis and Axial Spondyloarthritis

#### Laura Passalent PT, BScPT, MHSc, ACPAC

Physiotherapist Practitioner, Arthritis Program, Toronto Western Hospital – University Health Network; Lecturer, Department of Physical Therapy, Faculty of Medicine-University of Toronto

This presentation will 1) provide an overview of how to screen for ankylosing spondylitis and axial spondyloarthritis in community practice and 2) provide an overview of the various forms of non-pharmacological management for patients with ankylosing spondylitis and axial spondyloarthritis.

### Learning Objectives

At the end of the session, participants will be able to:

1. Describe the primary assessment components when screening patients with chronic back pain (i.e. history, physical exam, investigations)
2. Differentiate between mechanical and inflammatory back pain
3. Discuss the various forms of non-pharmacological management for patients with ankylosing spondylitis and axial spondyloarthritis
4. Provide an evidence based exercise program for patients with ankylosing spondylitis and axial spondyloarthritis

## WORKSHOP 2

### Assessment & Management of Chronic Post-Traumatic Low Back Pain in the Context of Personal Injury Litigation

#### Perry S. Tepperman, BSc, MD, FRCPC

Assistant Professor, Physiatry Division, Department of Medicine, University of Toronto

This workshop focuses on what you need to know to optimize your assessment and management of chronic post-traumatic low back pain patients and your interactions with lawyers (plaintiff and defense) and insurers

### Learning Objectives

1. Understand the parameters for assessing “impairments” in this population and know how to interpret/apply legal definitions such as “permanent and serious impairments”, “substantial inability”, “complete inability”, “probability”, etc
2. Identify what is considered “reasonable and necessary” in order to improve the likelihood of acceptance of your Treatment Plans by insurers
3. Recognize and avoid pitfalls when involved in legal proceedings for your chronic low back pain patients

## WORKSHOP 3

### Interprofessional Pharmacological Treatment of Back Pain

#### Shveta Makim, BSP, RPh

Clinical Pharmacist, MSK Program, Toronto Rehabilitation Institute – University Health Network; Clinical Preceptor, Leslie Dan Faculty of Pharmacy, University of Toronto

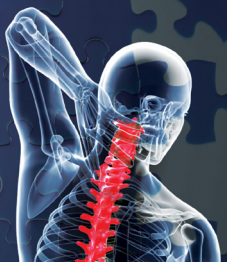
#### John Flannery, MD, FRCPC

Medical Director, Physical Medicine and Rehabilitation, Toronto Rehabilitation Institute – University Health Network; Associate Professor, University of Toronto

Excellent opportunity for non-physicians to gain insight into the pharmacological management of back pain. Participate in case studies to understand the rationale for choosing the right medication(s).

### Learning Objectives

1. Review neuropathic and nociceptive pain
2. Recognize the various pharmacological options for the management of back pain
3. Describe the main indications, contraindications and common side effects of common groups of drugs



Register Now!

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## WORKSHOP 4

### “Pain Classification” of low back pain: Nociceptive, Peripheral Neurogenic versus Central Sensitization

#### Bahram Jam, DScPT,

Director of Advanced Physical Therapy Education Institute (APTEI)

Classifying back pain based on pain mechanism has been shown to be reliable and valid and unlike patho-anatomical classification, provides guidance to the most appropriate management strategy.

#### Learning Objectives

At the end of the session, participants will be able to:

1. Understand the greater value of pain classification over classification based purely on patho-anatomy
2. Learn practical and immediately clinically applicable methods of evaluating and identifying Nociceptive pain (NP), Peripheral Neurogenic Pain (PNP) and Central Sensitization Pain (CSP)
3. Learn practical and immediately clinically applicable methods of managing CSP

#### 12:00 – 1:00 p.m. Networking Lunch

#### 1:00 – 1:40 p.m. Osteoporosis and Spine Fractures—guidelines for diagnosis & management, and physical activity recommendations.

#### Angela Cheung, MD, PhD, FRCPC, CCD

Director, Osteoporosis Program, Director, Centre of Excellence in Skeletal Health Assessment, University Health Network / Toronto Rehabilitation Institute / Mount Sinai Hospital

This presentation will discuss the prevalence of osteoporotic spine fractures, the 2010 Osteoporosis Canada Clinical Practice Guidelines and the 2014 Osteoporosis Canada (OC) exercise recommendations for individuals with osteoporosis and osteoporotic spine fractures

#### Learning Objectives

At the end of the session, participants will be able to:

1. Describe the prevalence of osteoporotic spine fractures
2. Discuss the 2010 OC recommendations for the diagnosis and management of osteoporosis and fractures
3. Assess an individual with spine fractures and prescribe exercises to improve truncal strength and to decrease pain according to the 2014 OC exercise recommendations

#### 1:40 – 1:50 Transition to Breakout Session 2

#### 1:50 - 2:45 Concurrent Workshops – Session 2

Workshops 1 to 4 will run concurrently. See descriptions at 11:05 a.m.

#### 2:45 – 3:00 Break

#### 3:00 – 3:45 p.m. Image Guided Interventions for Spinal Pain

#### Harpreet Sangha, MD, FRCPC, Dip CSCN (EMG)

University of Toronto, Department of Medicine, Division of Physiatry Toronto Rehabilitation Institute – University Health Network Musculoskeletal and Neurorehabilitation Programs

This presentation will review the principles and objectives of interventional imaging and injections in treating back pain.

#### Learning Objectives

1. Summarize some Basic Principles of Interventional Pain Management
2. Survey some of the interventional procedures commonly utilized in the management of Spine Pain

#### 3:45 – 4:00 p.m. Closing Remarks

## Registration Information



Register at:  
<https://ers.snapuptickets.com/UHN/MSK2015>



#### Register by Friday April 17, 2015 to take advantage of our Early Bird rate.

Registration includes a continental breakfast, refreshment breaks, lunch, conference materials and a certificate of attendance.

#### Conference Rates

**\$250 Early Bird Rate before April 17, 2015**

**\$275 Individual Rate**

**\$165 Student Rate\***

\*Students must present a photocopy of a valid student ID

**\$300 On-site Rate\*\***

\*\*On-site registrations will be available if space permits; the student rate will not be available on-site

#### Registration closes at 5 pm on Monday, May 25, 2015.

Payment by VISA, MasterCard or cheque must accompany the completed online registration form.

All cheques must be made payable to the order of University Health Network.

#### Payment must be received on or before Friday, May 15, 2015.

Registration deadlines and fees are subject to change.

#### Cancellation Policy

A full refund, minus a \$75 administration fee, will be issued for cancellations received via e-mail on or before Friday May 15, 2015.

No refunds will be issued after this date. Refunds will not be granted to registrants who do not attend the conference.

#### Conference Venue

Toronto Marriott Bloor Yorkville  
90 Bloor Street East  
Toronto, ON M4W 1A7

If you would like more information about this conference, please contact Lisa Semeniuk at [Lisa Semeniuk @uhn.ca](mailto:Lisa.Semeniuk@uhn.ca) or call 416-597-3422 ext.3456

## University Health Network (UHN)

Providing care to the community for more than 200 years, UHN is a major landmark in Canada's healthcare system and a teaching hospital of the University of Toronto. Building on the strengths and reputation of each of our four hospitals, UHN brings together the talent and resources needed to achieve global impact and provide exemplary patient care, research and education.

UHN is made up of Toronto General Hospital, Toronto Western Hospital, Princess Margaret Hospital and the Toronto Rehabilitation Institute. Each hospital retains its identity and name within the Network.

For more information about the University Health Network, please visit [www.uhn.ca](http://www.uhn.ca)



For more information about this conference or other UHN events, please contact Conference & Educational Technology Services at:  
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