Spine in Action: Low Back Pain
Can Chronicity be Prevented?

**DATE:** Friday 26th to Tuesday 30th March 2010
**VENUE:** Rendezvous Hotel Auckland, Mayoral Drive, Auckland City, NZ

**Lars Arendt-Nielsen**
Alborg University
Denmark
Center for Sensory-Motor Interaction
Specific research areas have been on pain and assessment of pain in volunteers and pain patients, sensory-motor interaction, and on drug effects. The main focus is on human experimental pain research—basic and clinical applications.

**Johan Vlaeyen**
Univ of Leuven
and Maarstricht
Belgium & Netherlands
Professor of Behavioural Medicine
Main interests are cognitive & behavioural mechanisms of chronic disability due to somatic complaints, & the development and evaluation of customised CBT management strategies in chronic pain.

**Paul Watson**
Univ of Leicester
United Kingdom
Professor of Pain Management and Rehabilitation
First UK consultant Physiotherapist. Works as a clinician in a Chronic Pain Clinic. Research interests include rehabilitation for musculoskeletal conditions, return to work issues, sleep and pain, ethnicity and risk predictors

**Jacob Patijn**
Univ Hospital Maarstricht
Netherlands
Associate Professor & Head of Pain Management

**Supporting Speakers**
Wolfgang von Heymann
Pres FIMM Germany
Head of School Rehab & Occup Studies
AUT Auckland
Dr Quentin Reeves
Radiologist Auckland
Dr Wade King
Musculoskeletal Pain Intervention NSW
Dr David Vivian
Musculoskeletal Pain Intervention Melbourne
Prof Nik Bogduk
Univ of Newcastle NSW
Ms Kirsty Powell
Mr Richard Ellis
Mr Peter Robertson
Spinal Surgeon Auckland

**Convener’s Welcome**

It is with much pleasure that the New Zealand Association of Musculoskeletal Medicine in conjunction with the Australian Association Musculoskeletal Medicine, Australian College of Physical Medicine and the Australasian Faculty of Musculoskeletal Medicine invites you to this important Scientific Conference.

**Can Chronicity Be Prevented?**

Research into pain and the resulting disability continues apace. Interventions for low back pain are many and varied. The natural history of the condition is for spontaneous resolution over time. However, there is an important subset of our patients for whom pain and disability become chronic. Are there factors that a physician can recognise that may predispose a person to chronicity or prove to be barriers to recovery? Are there physical as well as psychological and psychosocial factors that contribute to this process? If these factors can be identified are there effective interventions? Is there outcome data for such interventions?

**CONFERENCE OBJECTIVES**

- to understand the neuroscience underlying Motor & Sensory Plasticity
- to recognise, clinically assess, & manage Sensory Sensitisation
- to understand the clinical implications of Pain on Motor Plasticity
- to understand the physical risk factors for developing chronicity in low back pain
- to recognise the psychological & psychosocial risk factors for chronicity in low back pain
- to recognise the psychological & psychosocial risk factors that are a barrier to recovery
- to be familiar with the psychological interventions & management

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**DIARY**

**CONFERENCE COMMITTEE**

Gary Collinson Convener: President NZAMSM, Musculoskeletal Specialist, Auckland New Zealand
Charles Ng: Secretary NZAMSM, Musculoskeletal Specialist, Auckland New Zealand
Peter McKenzie: Past President NZAMSM, Musculoskeletal Specialist, Nelson New Zealand

**THIS IS AN ADVANCE MEETING NOTICE; A FULL PROGRAM AND REGISTRATION PACKAGE WILL BE AVAILABLE ONLINE OCTOBER 2009**

**PLEASE MARK YOUR DIARY FOR MARCH 2010**

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