



Facilitating the Management of Work-Related Lower Back Pain

April 4, 2006

\$225

Course Objective:

An eight-hour, one-day course designed to increase the skills of case managers or those involved in planning the treatment and care of individuals with WRLBP. This course will provide the knowledge and tools necessary to properly manage WRLBP, prevent work-related disability and overcome obstacles for recovery.

The underlying premise is that low back pain is a multifactorial disorder and, in most of the cases, no underlying pathology can be detected. Participants will learn:

- The natural history of low back pain,
- How to evaluate and triage a low back pain patient,
- How and when to refer injured workers to a specialist, "Red Flags,"
- When psychological intervention is required, "Yellow flags",
- What external obstacles there are for return to work, "Blue flags,"
- What the latest trends in the management and treatment of non-specific low back pain, evidence-based treatment guidelines,
- How to prevent the disability that results from work-related injuries, specifically WRLBP, and return to work programs
- The role of the case manager in returning people to work, and what employers can do to get injured workers back to work,
- What a workplace ergonomic evaluation is and its use in returning injured workers to their jobs,
- How Independent Medical Evaluations (IME), functional capacity evaluations (FCE), and/or multidisciplinary rehabilitation treatment programs can help a case manager, and
- How job placement strategies and retraining opportunities can be implemented.

All lecturers in this course individually have over 10 years of experience in treating workers with low back pain and/or training health care professionals in the treatment of this special population. Case studies will be used to illustrate the presentations as well as to augment discussions and learning. The course is specifically geared to preparing participants for the practical application of the knowledge disseminated.

Course Instructors:



Margareta Nordin,

DrSci, is the director of The Occupational and Industrial Orthopaedic Center, Hospital for Joint Diseases Orthopaedic Institute at New York University Medical Center. Dr. Nordin received her Medical Doctor of Science degree from the University of Gothenburg in Sweden. Her extensive experience and expertise in ergonomics and occupational medicine is reflected in her numerous responsibilities, including her position as leader of the medical standards project for the New York City Transit Authority. Dr. Nordin is Research Professor of Orthopaedics in the New York University School of Medicine and Research Associate Professor in the Department of Environmental Medicine of New York University's Graduate School of Arts and Sciences



Marco Campello, PhD,

MA, is the associate clinical director at the Occupational and Industrial Orthopaedic Center, Hospital for Joint Diseases Orthopaedic Institute at New York University Medical Center. He also serves as an assistant clinical professor in the Department of Orthopedics at the NYU School of Medicine and has published many studies focusing on orthopedics and lower back pain. He has received the Woodbridge Award for Excellence from the The Physical Medicine Research Foundation.

CEU: 0.6 CM: 1.0[^]

7.5 Contact Hours[^]

[^]Pending