



COURSE DATES 
8th - 9th Oct 2022

VENUE 
Dubai

CHRONIC BACK PAIN MANAGEMENT



Instructor

DR. ALY H. ALATAR

Senior Musculoskeletal Physiotherapist &
Researcher Bachelor degree, Kuwait University
MSc Physiotherapy, Sheffield Hallam University,
UK PhD in Chronic Pain Management,
University of Birmingham, UK



LEARNOVATE
LEARN. INNOVATE. SUCCEED.



www.learnovate.ae



info@learnovate.ae



+971 585748584



[learnovate_healthcare](https://www.instagram.com/learnovate_healthcare)

INSTRUCTOR



DR. ALY H. ALATAR

Senior Musculoskeletal Physiotherapist & Researcher

Bachelor degree, Kuwait University

MSc Physiotherapy, Sheffield Hallam University, UK

PhD in Chronic Pain Management, University of Birmingham, UK

Dr. Aly is a leading physiotherapist with a Bachelor's degree in Physical Therapy from Kuwait University and an MA in Locomotor Rehabilitation from Sheffield Hallam University in England. He also holds a PhD in Chronic Pain Management from the University of Birmingham in England.

He conducted several lectures and workshops about spinal and musculoskeletal rehabilitation and published a book called "From pain to hope". Dr. Aly is also a member of Kuwait Physiotherapy Association, Kuwait physiotherapy research committee, Scientific committee and Public awareness committee in Al-Amiri hospital.



OVERVIEW/OUTLINE/BRIEF DESCRIPTION OF THE COURSE

This course aims to use evidence-based teaching strategies to better understand chronic pain conditions and how they can be prevented and treated through physiotherapy rehabilitation that targets cognitive, behavioural, physical, emotional, social and environmental aspects.

The course will help participants understand chronic pain conditions and how a rehabilitation approach can be applied to reduce risk factors and prevent chronic pain.

TOPICS TO BE COVERED:

- Management and assessment of chronic pain
- Disc degeneration and osteopathic changes in the spine
- Sciatica and radiculopathy
- Posture and pain correlation
- Fibromyalgia and chronic pain syndromes



GENERAL AND SPECIFIC OBJECTIVES

At the end of the course, participants will be fully capable to:

- Understand pain physiology and psychology, modern pain science and pain theories
- Correlate latest research and scientific evidence of chronic pain management to their practice
- Learn about the causes and factors of chronic pain
- Debunk myths, facts and dilemmas of chronic pain
- Understand common causes and rehab errors of chronic pain
- Assess, screen, diagnose and treat chronic pain

SKILLS ACQUIRED BY THE STUDENT AT THE END OF THE COURSE

- Recognition and assessment of individuals with complex pain
- Clinical reasoning in exercise selection
- Evidence-based critical thinking
- Effective pain management planning and prescribing

ELIGIBILITY/TARGET AUDIENCE

All healthcare professionals including:

- Physiotherapists
- Occupational Therapists
- Rehab Therapists
- Sports Therapists

GET IN TOUCH FOR STUDENTS AND GROUP DISCOUNTS

PAY IN 4 INSTALLMENTS OVER 4 MONTHS WITH

NO EXTRA FEE USING  AT CHECKOUT