

RSI Conference

Saturday 20 March 2010, London

from 09:15 to 16:45 - *FREE entrance* (see www.RSIAction.org.uk for Registration and the latest details)

A Conference and exhibition providing an opportunity to find out about RSI conditions, RSI prevention & workplace management, treatments, therapies, how to work round the limitations of RSI conditions, how to seek assistance. There will be stalls and exhibitions from organisations, groups and individuals dedicated to helping those with RSI conditions. Members of RSI Action and RSI Support Groups will also be available to provide advice.

Who should attend? - those who are involved in the prevention, management or treatment of RSI conditions; those who suffer from, or who are at risk of RSI conditions; family or friends of RSI sufferers, and; anybody who would like to know more about these conditions.

09:15 exhibition and conference check-in open (delegates are advised to register in advance to ensure a place at the conference).

Conference Programme – from 10:00 will include: (further details will be posted on our website)

The Challenge of RSI conditions revisited - Stephen Fisher, chairman of the trustees, RSI Action

RSI - From Partial Recovery to Complete Function - Suparna Damany MSPT, author of "It's Not Carpal Tunnel Syndrome" (www.RSIrescue.com). Suparna is a Physical Therapist who has successfully treated chronic, repetitive strain sufferers (often after failed surgical attempts) and instituted successful RSI prevention programs at major employers in the USA. Suparna is a Certified Hand Therapist and a Certified Ergonomic Assessment Specialist, in private practice in Allentown, Pennsylvania, USA.

Repetitive strain injury – a pain in the nerves! - Dr Andrew Dilley, Lecturer in Anatomy, Brighton and Sussex Medical School. As a physiologist who researches chronic pain, I have dedicated much of my time trying to understand what causes painful symptoms in patients with repetitive strain injury. I have specifically focused on patients diagnosed with non-specific arm pain. My research into this condition has followed a tortuous course and has (so far) involved working in three continents with clinicians and scientists, with patients and in the lab, trying to understand the mechanisms of this elusive condition. This uphill quest, battling against conventional academics, has culminated in a better understanding of the underlying mechanisms of repetitive strain injury, that it is clearly fact and not fiction. Using medical imaging and high-tech laboratory experiments conducted within the UK and Harvard University, I will present findings suggesting that the source of pain may be from the nerve itself. I will also explain how these findings may actually help focus treatment for many patients.

RSI Diagnosis - Dr Michael Hutson, Consultant Orthopaedic Physician.

Past president FIMM (International Federation of Manual/Musculoskeletal Medicine); Chairman FIMM Academy; Member of Academy of Experts. Author of book "Work-Related Upper Limb Disorders – recognition and management".

RSI: Guidelines and assessment for safe work practices - Peter Buckle, Professor Health Ergonomics, Robens Centre for Public Health, University of Surrey. Peter will discuss how current risk assessment and guidance does/doesn't work for those with and without a condition. Peter will also introduce the idea of exposure assessment and the use of quick evaluations of exposure to risk that can be used before and after any changes in the workplace to make sure things are being made better!

The new EU musculoskeletal directive - The formal draft of a new musculoskeletal European directive to replace existing regulations, is expected to be published in 2010. What impact will this directive have on RSI prevention in the workplace?

Developing UK RSI treatment - Amanda Oswald & Anne Cruickshank

RSI Clinics have been successfully treating RSI and other chronic pain conditions for a combined total of 15 years. They will share an overview of their treatment procedures which combine clinical massage techniques with addressing underlying mind-body traumas and workplace ergonomics to help clients achieve a full return to functionality'.

RSI case studies –

Case studies illustrating how RSI has impacted on normal life, and how people have recovered. In some cases this has meant a complete change in career.

Panel Q & A

Delegates are invited to submit questions for our panel to respond to. The panel will include: Dr Michael Hutson, Professor Peter Buckle, Hope Daley, National Health & Safety Officer - UNISON, Rob Treeby (HSSE Manager, BP plc)

(PTO for information on exhibition and details on delegate registration).

The exhibition will be open from 09:30 until 16:00, and include:

Waterstone's Books - 10% discount on books at the event (www.waterstones.co.uk)

A range of books that RSI sufferers have found to be useful will be on sale. Waterstones will be offering 10% on books bought at the event. RSI Action will provide information on books that have been useful to sufferers.

Osmond Gaunt & Rose, solicitors (www.ogr-law.com)

Stephen Silverman has extensive experience in RSI personal-injury claims, and will be available to provide initial advice.

Charles Russell LLP, solicitors (www.cr-law.co.uk)

Amanda Stevens has extensive experience in RSI personal-injury claims, and will be available to provide initial advice.

Irwin Mitchell Solicitors – (www.irwinmitchell.com)

Sarah Brumpton has extensive experience in RSI personal-injury claims, and will be available to provide initial advice.

The Speech Centre (www.speechcentre.co.uk)

The Speech Centre provides a wide range of services and products to assist RSI sufferers make productive use of computers through speech. Dragon NaturallySpeaking Voice Recognition Software provides a practical, cost effective solution that can help to prevent computer users developing RSI, as well as aiding those with RSI to regain their productivity.

Alexander Technique. Claire Rennie MSTAT - information and taster sessions (www.alexandertechnique-harleystreet.co.uk)

Poor postural habits are often a significant factor in RSI. The Alexander Technique is a sound way to become aware of and prevent damaging patterns of tension which may be feeding your condition, thus improving your general health and aiding your recovery.

RSI Clinics – Ann Anne Cruickshank & Amanda Oswald (www.rsiclinics.co.uk)

Clinics in Brighton, Edinburgh, London and Oxford. All our bodywork practitioners at RSI Clinics have trained extensively in clinical massage techniques, myofascial release, trigger point therapy and advanced stretching techniques. They undergo regular developmental training and keep up to date with the most effective forms of manual and mind-body therapy for RSI conditions.

TMS Recovery - Hilary Newmark & Georgie Oldfield.

Tension Myoneural Syndrome TMS is a disorder which Georgie and other TMS Specialists believe accounts for the majority of chronic pain so prevalent in our society these days. The TMS theory recognizes that the pain is very real, but believes it is actually emotionally induced. Georgie is a Chartered Physiotherapist with over 20 years experience and set up a pain relief clinic in Huddersfield in 2005 (www.TMSrecovery.com). Hilary has been working with TMS for some years since her recovery from RSI using TMS.

Physio at Work - Bronwyn Clifford - information and advice (www.physioatwork.co.uk)

Physiotherapy is effective in the early stages of recovery for relieving pain and increasing the range of movement in the back and limbs. After assessing the affected person's posture, workplace, lifestyle and work patterns, physiotherapists will devise a treatment programme. Physiotherapists can also advise on how to arrange your work so that you have regular rest breaks. They may also discuss lifestyle factors such as stress, diet and exercise with you. Many physiotherapists are trained in ergonomics and are able to visit your workplace to assess your workstation to ensure that you have the necessary equipment in order to maintain a good working posture.

Osmond - ergonomic workplace solutions (www.ergonomics.co.uk)

Osmond provide a range of products and services including: chairs; height-adjustable desks; computer keyboards, mice and specialist input devices; laptop stands; telephone headsets; writing slopes, and; posture aids.

TechReady - (www.techready.co.uk)

There are literally hundreds of assistive technology products. Ergonomic keyboards, touch screens, voice recognition, low vision magnifiers, and augmentative communication - all of these were developed for or first adopted by assistive technology manufacturers and their customers. The technologies being developed today are the future of the high-tech industry and TechReady will be here to help support and locate them.

PCD Maltron - (www.maltron.com)

Manufacturer & supplier of ergonomic keyboards, designed to fit hands, helping sufferers with RSI conditions.

RSI Action and London RSI Support Groups (www.RSIaction.org.uk and www.londonRSIsupportgroup.org.uk)

An information desk will be available all-day to provide information on living with and managing RSI conditions. RSI Action is the only national charity working for the prevention of RSI and the support of RSI sufferers. It was formed in 2006 following the liquidation of the RSI Association in March 2004. RSI Action welcomes individual members, affiliation from trade unions, and also support and interest from corporate bodies. Local RSI Support Group's are invaluable to new RSI sufferers, providing information on local medical services for diagnosis and treatment. The RSI Action website (www.RSIAction.org.uk) provides contact details for these groups.

Registration

Entry to the RSI Conference and RSI Awareness Day will be free of charge, but we advise delegates to register in advance to ensure a place. Details can be found on our web site www.RSIAction.org.uk, or from RSI Action at the address below.

Venue: Large Meeting House, Friends House, 173 Euston Road, London NW1 2BJ.

(The Friends House is directly opposite Euston station. The entrance for the large meeting house is directly onto Euston Road, three sets of stone steps between stone pillars. Wheelchair access is via a ramp up to the entrance on the east side of the building.)

How to get there:

Train - Euston station is just across the road. King's Cross & St Pancras stations are a ten minute walk away.

Car - No congestion charge on Saturdays. Parking facilities are available under Euston Station.

RSI Action does not endorse any of the information, goods or services available or on display at display at the RSI Conference & Awareness Day on 20 March 2010 in London, unless so stated specifically. Further RSI Action accepts no liability for any detriment or loss suffered by any person taking up any advice, goods, services, treatments, or products advertised at or on offer or display at the above venue. English law applies.

RSI Action thank the Health and Safety Executive, presenters, exhibitors and sponsors for their support of this event.

RSI Action... PO Box 173, Royston, Herts, SG8 0WT www.RSIAction.org.uk Registered Charity No. 1114977, Company No. 05697873.
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