

GP Information: Workshops



Training with a difference

We want to create an opportunity for you and your colleagues to organise your own 'tailored' CPD training session – geared entirely around your specific learning needs. These seminars have been developed with the busy GP in mind, aiming to help you assess, diagnose and manage the common conditions found in general practice. The sessions provide plenty of practical time, as well as an opportunity to discuss cases.

Where & when are the seminars held?

Your place or ours! We are very happy to come along to your practice but equally, there is plenty of space at The Physios and some groups prefer to retreat away from their busy practices. Generally we've found evenings are best for most doctors but we are equally happy to come out to you during the day. We want to fit in around you.

"Relaxed presentation – very informative – an important aspect of GP work. Inspired me to attend further courses – highly appropriate"

"Well conducted and informative – good interactive session"

"Thoroughly enjoyable, educational"

To discuss our **FREE** workshops or how we can help your practice please call us on **0114 267 8181** or email **paul@thephysios.com**

Workshop suggestions:

Shoulder/Knee/Lumbar Examination

A quick physical assessment suited to a time-pressed GP enabling recognition of common disorders.

Managing the 'Top 5' (upper limb)

(inc 'Frozen' shoulder, sub-acromial impingement, elbow tendinopathies, OA thumb, carpal tunnel syndrome) – recognition, treatment and when to refer.

Managing the 'Top 5' (lower limb)

(inc OA hip and knee, anterior knee pain, achilles tendinopathy, plantar fasciitis) – recognition, treatment and when to refer.

Knee Pain

When to manage and when to refer – a look at the common disorders ie. OA, ligament injury, meniscal pathology, anterior knee pain etc.

Managing Back Pain

Examining and triaging effectively