

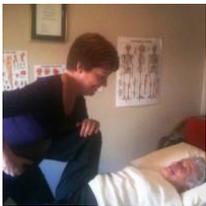


# **SEMINAR DAY**

**for all religious, their colleagues & those caring for aged religious**

**FRIDAY SEPTEMBER 22, 2017  
9.30AM-3.00PM**

## **PAIN MANAGEMENT STRATEGIES FOR OLDER RELIGIOUS**



**Rebecca McCabe rsm** studied physiotherapy and on graduating with honours, she moved into private practice and clinical research. The focus of her physiotherapy practice is on treating people with pain and injury both individually and in groups. In her treatment, Rebecca brings a holistic approach that deals not only with the physical problems that people face but also helps them with deeper issues associated with their pain. She has also been involved in research at the Royal North Shore Pain Institute investigating the effectiveness of a self-management program in helping elderly people cope with decreasing mobility and pain.

**Dr Robin Murray, Clinical Psychologist**

Robin is a clinical psychologist and neuropsychologist. She has a PhD in clinical psychology and has also been part of the pain management teams at the Royal North Shore Hospital as well as Canberra Hospital. Robin has a strong interest in positive psychology and has taught on this subject at the University of Sydney. Robin was also involved with Rebecca in research on the effectiveness of a self-management program in helping elderly people to manage chronic pain.

Rebecca and Robin will present the morning sessions.

**Greg Bombell and Daniel La Spina from Exercise Prescription and Physiotherapy**

Their approach to Physiotherapy is one on one manual therapy for treatment and assessment. They specialise in musculoskeletal injuries, surgical rehabilitation, sports injuries, chest physiotherapy and exercise prescription. Their intention is to educate individuals to play active roles in their recovery by better understanding their bodies. They see continuing exercise and prevention of injury as the most effective treatment for individuals to stop pain reoccurring and help control their recovery more independently. Their emphasis is on education and exercise in a professional and community environment. They are accessible to all individuals that are committed to improving their health status.

In the afternoon session Greg and Daniel will focus on practical approaches to prevention: exercise and physiotherapy as methods for staying out of pain.



**Good Samaritan Centre, 2 Avenue Road, Glebe  
Enter via Arcadia Road**

**Tea, coffee & registration from 9am**

**Cost: \$120.00 per person**

**Morning tea & lunch provided**

**Book using the registration form by September 8.**