

Association des
chiropraticiens du
Nouveau-Brunswick



New Brunswick
Chiropractors
Association

INTERPROFESSIONAL MANAGEMENT OF TENDINOPATHIES

PROGRAM

26-27 October, 2019



**University of New Brunswick
Faculty of Kinesiology, Room 215 (Auditorium)
Fredericton, NB**

The New Brunswick Chiropractors Association (NBCA) is pleased to host the seminar titled Interprofessional management of Tendinopathies. The seminar will feature 8 speakers from several professional backgrounds including orthopedic surgery, chiropractic, physiotherapy, kinesiology and research to discuss various approaches to the management or co-management of tendinopathies offering 12 hours of continuing education. The seminar brings together healthcare professionals from various discipline from across the Maritime provinces to learn, share and connect.

SCHEDULE

Saturday 26 October 2019

7:00am - 8:00am	Registration and Breakfast
8:00am-10:00am	Educational Sessions
10:00am - 10:30am	Nutritional Break
10:30am - 12:00pm	Educational Sessions
12:00pm - 12:30pm	Lunch
1:00pm - 3:00pm	Educational Sessions
3:00pm - 3:30pm	Nutritional Break
3:30pm - 5:30pm	Educational Sessions

Sunday 27 October 2017

7:00am - 8:00am	Breakfast
8:00am - 9:30am	Educational Sessions
9:30am - 9:45am	Nutritional Break with Exhibitors
9:45am - 11:00am	Educational Sessions
11:00am - 12:00	Peer-to-peer Learning Session
12:00pm – 1:00pm	Take-away Lunch & Closing Remarks



DETAILED SCHEDULE

Saturday 26 October 2019

7:00-8:00	Registration
8:00-9:30	Dr. Sandra Curwin , Review of the pathophysiology of tendinopathies and overview of current best practices
9:30-9:45	Health break
9:45-11:15	Dr. Mark MacDonald , <i>Surgical management of Achilles tendinopathy</i>
11:15-11:30	Health break
11:30-1:00	Dr. Matt Williams , <i>Conservative management and rehabilitation of patellar tendinopathy</i>
1:00-1:30	Lunch
1:30-2:45	Dr. Matthew Cochran , Conservative management and rehabilitation of sport-related injuries
2:45-3:00	Health break
3:00-4:45	Practical review and panel discussion
4:45-5:00	Closing

Sunday 27 October 2019

7:00-8:00	Registration
8:00-9:30	Dr. Wayne Albert , MSK injuries in the workplace: Review of ergonomics and occupational biomechanics
9:30-9:45	Health break
9:45-11:15	Dr. Michael Cochran , Co-management and rehabilitation of rotator cuff injuries.
11:15-11:30	Health break
11:3-12:15	Justin Parsons , Interdisciplinary Perspective on the Management of Complex Injured Workers
12:15-1:00	Adam Burke , Occupational therapist's perspective on the management of wrist and hand tendinopathies.
1:00-1:30	Lunch



SPEAKERS BIOGRAPHIES

Dr. Sanda Curwin, BSc, MSc, PhD

Dr. Curwin is originally from Moncton, New Brunswick. After studying physiotherapy at Dalhousie, she started one of the first private physiotherapy practices in Atlantic Canada in 1979, before returning to graduate school at Dalhousie (MSc in Kinesiology, Biomechanics) and UCLA (PhD in Kinesiology, Connective Tissue Physiology).

Dr. Curwin's clinical experience and collaboration with colleague Dr. William Stanish led them to develop the "eccentric exercise program" for repetitive strain injuries that is now the accepted standard worldwide for treating chronic tendinopathies such as tennis elbow and Achilles tendinopathy.

Dr. Curwin has held academic positions in both the United States and Canada. She is a licensed physiotherapist in Nova Scotia, New Brunswick and California and is an active physiotherapist at the Dal PT Clinic.



Dr. Mark MacDonald, BSc, MD, RCPSC

Bio to come.

Dr. Matthew Williams, BSc, DC, FRCSS

Dr. Williams is originally from Fredericton and was an avid athlete. After graduating from Leo Hayes High School, Dr. Williams completed a Bachelor of Science in Kinesiology at the University of New Brunswick and later pursued his studies at the Canadian Memorial Chiropractic College in Toronto, Ontario. Following graduating as a Doctor of Chiropractic summa cum laude and with clinic honours, Dr. Williams returned to Fredericton to establish a new clinic. Dr. Williams also completed a Master of Science in Exercise and Sport Science at the University of New Brunswick, his thesis pertaining to the biomechanics of the golf swing. Dr. Williams is also a Fellow of the Royal College of Chiropractic Sports Sciences.

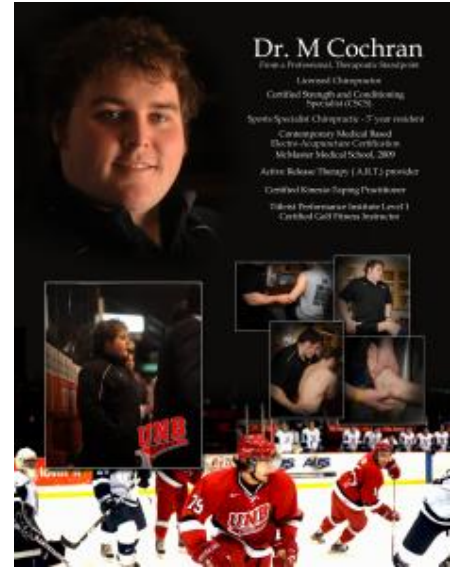




Dr. Matthew Cochran, DC, MSc, FRCSS

Dr. Matthew Cochran graduated magna cum laude and with clinic honors from the Canadian Memorial Chiropractic College. Dr. Cochran also completed a Master's in Exercise and Sport Science at the University of University of New Brunswick and also a Fellow of the Royal College of Chiropractic Sports Sciences.

Dr. Cochran has provided medical coverage at events such as the Canada Winter Games, Football Canada Cup, World Women's Curling Championship, World Strongman semi-finals, CFL Touchdown Atlantic, World Junior Track Championships and Chiropractic Lead for the 2014 Canadian Track and Field Championships in Moncton. Dr. Cochran is also one of the lead therapists for the UNB Varsity Reds sports teams since 2009 and part of the 3 national championship victories with the UNB Varsity Reds Men's Hockey team.



Dr. Wayne Albert, BSc, MSc, PhD

Dr. Wayne Albert completed a Bachelor in Science in Kinesiology from the University of Ottawa, a Master's degree from the University of Western Ontario and later a Ph.D. in Occupational Biomechanics from Queen's University. The primary focus of Dr. Albert's research pertains to occupational biomechanics (ergonomics) and the prevention of musculoskeletal injuries in the workplace as well as general low back health. This has led to numerous collaborative research projects with researchers from Ontario and Atlantic Universities.





Dr. Michael Cochran, BSc, DC, MD

Dr. Michael Cochran graduated magna cum laude and with clinic honours from the Canadian Memorial Chiropractic College. Dr. Cochran also completed a Bachelor of Science at the University of New Brunswick. After graduating from CMCC, Dr. Cochran returned to school and graduated from medical school at Dalhousie University and currently completing his residency in Orthopedic Surgery at the University of Ottawa.

Dr. Cochran is an avid recreational athlete and fitness enthusiast. He has also worked to support competitive athletes including providing medical coverage at the Canada Winter Games, the Eastern Canadian Gymnastics Championship, Football Canada Cup, World Women's Curling Championships and the Chiropractic Lead at the 2013 Canadian Track and Field Championships.



Justin Parsons, BSc (PT), MSc

Bio to come.

Adam Burke, BSc, MSc (OT)

Adam Burke graduated from Mount Allison University in 2004 with a Bachelor of Science degree prior to beginning his training in Occupational Therapy. In 2006, he graduated from McMaster University in Hamilton, Ontario with a Master of Science in Occupational Therapy. In 2006 Adam became employed with South East Regional Health Authority at The Moncton City Hospital. Adam spent 4 years working in public practice in a variety of roles including: family practice and geriatric medicine, surgical and intensive care units and out-patient hand therapy.



In 2009, Adam entered into private practice by accepting a position as a consultant for CBI Health P.C. (formerly Moncton Physiotherapy & Work Hardening Centre) providing hand rehabilitation services for clients with hand and upper extremity injuries. In July 2010, Adam opened Progressive Occupational Therapy & Hand Rehabilitation, a private occupational & hand therapy clinic located in Moncton, New Brunswick. Adam is very excited about providing occupational & hand therapy services to clients in the Greater Moncton Area. In November of 2011, Adam successfully completed his Certified Hand Therapist designation (CHT) making him the only certified hand therapist working in private practice in the province of New Brunswick.