

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 in the New Year)

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

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 early 2010. What impact will this directive have on RSI prevention in workplace? We have invited EU DG Employment to explain the new directive's new measures.

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 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 their career.

Panel Q & A - delegates are invited to submit questions for our panel to respond to. The panel will include Professor Peter Buckle, Hugh Robertson (TUC H&S Specialist), Andrew Lansley MP (invited), Rob Treeby (HSSE Manager, BP plc)

The exhibition will be open from 09:30 until 16:00, and include: RSI books, ergonomic and IT solutions, voice recognition, RSI treatment therapies.

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.