

Peter O'Sullivan- Classification based cognitive functional therapy for lumbo-pelvic back pain in sporting population. Royal Free Hospital London, 14th-15th April 2014

I recently availed of the opportunity to attend a 2 day course with the esteemed Australian physio Peter O'Sullivan at the Royal Free Hospital in London.

Having covered a lot of Peter's work as part of the post graduate syllabus on the manual therapy course at Glasgow Caledonian University, I was interested to see how he transferred his concepts into a sporting context where often patient management is heavily pathology driven, and operates within the confines of a biomedical model of patient management.

I found the course extremely informative, and consolidated a lot of the practices I had learned on the MSc course. The unseen patients which Peter assessed during the course, demonstrated how cognitive skills such as Motivational interviewing can be used to decipher underlying thought processes in an athletes presentation and hence inform management strategies.

I have taken many aspects of the course and applied them not only to athletes through my work with the Sports Institute of Northern Ireland, but also with weekend warriors in my clinic, where despite not having the same pressures of high performance sport, their presentations may be no less complex. The course definitely gave me more confidence in adopting a Biopsychosocial approach to patient management within a sports medicine context where Pathology is perceived as king.

In summary, I found the course to be extremely informative and challenging, and Peter to be a most engaging presenter. I would whole heartily encourage anyone who has the opportunity to attend one of his courses the next time he arrives on these shores.

Martin Clenaghan