



TBI Health is a licensed provider of the Canadian Back Institute (CBI), one of North America's largest rehabilitation companies specialising in the management of musculoskeletal and spinal pain. TBI Health offers a series of education seminars on back and neck pain that have been endorsed by AMPA for CME points.

Topics Covered

The assessment of Low Back Pain using the CBI methodology. The CBI classification system was established over 30 years ago and is designed to classify patient symptoms into recognisable subgroups (pain patterns). The CBI system assists in the identification of patients with mechanical back pain and guides the clinician to instigate an early regime of exercise to improve mobility and function. The assessment process is easy to use and focuses investigations towards those patients that do not fit a mechanical pattern and are suggestive of a more sinister source.

Sessions include background behind the development of the CBI system, patterns of pain and practical advice that can be provided to patients in a primary care setting.

The Spinal Surgery session reviews indications and surgical techniques for discectomy, fusion and disc replacement surgery.

The Cervical Spine injury workshop reviews cases and primary care management of acute cervical spine injuries.

The review of Red Flags covers fractures, cauda equine syndrome and infection.

Location

Sessions are run in Wellington and Auckland. To register interest or request further information, please contact your local coordinator below.

- Assessment of Low Back Pain using Canadian Back Institute methodology
 - Spinal Surgery
 - Cervical Spine Injuries
 - Red Flags

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