



# 1<sup>st</sup> Saudi Spine Society Annual Conference

## Promoting Excellence in Multidisciplinary Spine Care

### Pre-Conference Workshops

17 | December | 2017

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### Cognitive Functional Therapy (CFT) for the management of persistent low back pain

Chairpersons

Mr. Othman Alkassabi

**8 HRS**  
**8 CME**  
ACCREDITED

**30** Seats  
Limited



  
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## Workshop description

Low back pain (LBP) is one of the most common condition affecting the spine, and one of the main causes for disability. Evidence has shown the positive outcomes of the Cognitive Functional Therapy (CFT) of LBP, which is an intervention that is tailored to the individual and address the entire biopsychosocial spectrum, including cognitive, movement and lifestyle factors. This workshop will introduce the participants to this new approach to the management of persistent LBP.

## Learning Objectives/Outcomes

**Participants will be able to:**

1. Understand the evidence on back pain beliefs and biopsychosocial risk factors for back pain disorders.
2. Identify the multi-dimensional frame-work for LBP.
3. Comprehend the skills required to assess and manage LBP using CFT approach.

**Target Audience:** All clinicians dealing with LBP

## Speakers:

1. Othman Y. Alkassabi
2. Hana I. Alsobayel

# TIMETABLE

TIME	TOPIC
08:00 - 08:40	Back pain beliefs Evidence for back pain management
08:40 - 09:15	Biopsychosocial risk factors for complex back pain disorders
09:15 - 10:00	Multi-dimensional frame-work for LBP
10:00 - 10:10	Coffee Break
10:10 - 10:45	Examination skills
10:45 - 11:30	Developing targeted cognitive functional programs
11:30 - 12:00	Application and case presentation

