

# RMSANZ Pain and MSK SIG 2023 Musculoskeletal Exam Preparation Workshop for Trainees



# RMSANZ

This is two-days intensive hands-on MSK examination workshop offers AFRM trainees rehabilitation-focused MSK education, particularly for those preparing for Module 2 or Fellowship exams. Places are strictly limited to 25 candidates.

Please bring suitable attire, e.g. Track pants and Tees, as you will be expected to examine fellow trainees as part of the workshop. Lunch and refreshments will be provided on Saturday and Morning tea, and lunch will be provided on Sunday.

**DATE:** Saturday the 18th and Sunday the 19th of March 2023

**VENUE:** Rehabilitation Gym, Orange Health Service, Orange, NSW, 2800

**REGISTRATION:** \$75 for RMSANZ Trainee Members, Non- members \$125, or \$185 which involves registration plus the RMSANZ membership application fee.

**DINNER:** Saturday, 18th of March 2023 at one of the restaurants in Orange. The cost will be notified (self-funded).

**REGISTER:** <https://tinyurl.com/mskrego23> by 10th March 2023

Registration	Topic	Time
18-Mar-23	Registration	9.00 - 9.30
	Pre-course assessment	9.30 - 10.00
	Introduction on Exam-oriented MSK Assessment	10.00 - 10.45
	Morning Tea Break	10.45 - 11.00
	Shoulder Examination/Revision	11.00 - 12.00
	Elbow and Hand Examination/Revision	12.00 - 13.00
	Lunch Break	13.00 - 13.30
	Hip Examination/Revision	13.30 - 14.30
	Lower Back Examination/Revision	14.30 - 15.00
	Afternoon Tea Break	15.00 - 15.15
	Knee Examination/Revision	15.15 - 16.15
	Foot and Ankle Examination/Revision	16.15 - 17.00
19-Mar-23	Neck Examination/Revision	8.30 - 9.30
	Injection Techniques	9.30 - 10.30
	Morning Tea Break	10.30 - 10.45
	Revision	10.45 - 11.45
	Practice OSCE	11.45 - 13.00
	Conclusion	13.30 - 13.30

Presenters include: Dr Sumitha Gounden, Dr Sheela Perumal, Dr Chiaki Kojima, Mr Jon Garner & Dr Geoff Speldewinde.

**Any questions?** Contact Dr Sumitha Gounden via email:  
[Sumitha.gounden@health.nsw.gov.au](mailto:Sumitha.gounden@health.nsw.gov.au)