Breakout Title: Pain: Where Does Biomechanics Fit?

Presenters: Tom Walters, DPT, OCS, CSCS, Tony Ingram, PT, MSc and Greg Lehman, BKin, MSc, DC, MScPT

Upon completion of this breakout session, learners will be able to:

1. Describe the correlation between pain and muscle strength, muscle endurance and motor control.
2. Describe how therapeutic interventions targeted at correcting a patient’s biomechanics may reduce pain.
3. Describe how manual therapy procedures affect biomechanics and pain.
4. Describe how explaining pain in terms of altered biomechanics may affect a patient’s overall recovery.
5. Describe how biomechanics may play a role in injury prevention.