

# The McConnell Concept – The effect of starting position on musculoskeletal symptoms and the importance of unloading pain



Lecturer : Jenny McConnell AM, FACP.

## DAY 1 “The Effect Of Starting Position On Musculoskeletal Mechanics And Symptoms”

This one-day workshop will examine how an individual’s structure determines how they move and the impact their structure has on the way load is distributed as well as the consequences the loading has on symptom production. A theoretical and evidence-based underpinning to the material will be provided. Assessment and treatment of some musculoskeletal problems will be demonstrated. This may include lumbar spine, hip, knee or other lower extremity problem. Two patient demonstrations, involving a clinical reasoned assessment and treatment, will be given to allow the participants to see how the information is used clinically.

By the end of the workshop the clinician will:

- 1) have an understanding of the mechanical mechanisms underlying certain musculoskeletal problems
- 2) understand the concept of starting position and the significance this has on the way an individual moves
- 3) understand some biomechanical effects of habitually altered starting positions e.g. creep and adaptive shortening
- 4) have some knowledge of the effects of pain on the musculoskeletal system
- 5) be able to analyse the effect of certain postures on movement patterns
- 6) understand when and how to use tape in the management of certain musculoskeletal conditions such as low back and leg pain, shoulder pain
- 7) have some knowledge about the effectiveness of tape in managing certain musculoskeletal problems
- 8) be able to plan a treatment intervention for certain musculoskeletal problems
- 9) have some knowledge of treatment strategies to take patients out of their end of range thus empowering the patient to manage their own symptoms



McConnell Institute  
Expanding orthopaedic healthcare knowledge globally

## 2024.5.17 Course Timetable

TIME	TOPIC
8.00 – 8.15	Registration
8.15 – 9.30	Starting position – what is it and what effect does it have on mechanics? Analysis of static posture
9.30 – 10.45	Ideal gait and dynamic evaluation
10.45 – 11.15	Morning Tea
11.15 – 1.00	Treatment theory - unloading pain, improving distribution of loading and improving muscle control with evidence from the literature
1.00 - 2.00	Lunch
2.00 - 3.00	Patient demonstration
3.00 – 3.15	Discussion
3.15 – 3.45	Afternoon tea
3.45 – 4.45	Patient demonstration
4.45 - 5.00	Discussion
5.00	Workshop conclusion

# Curriculum Vitae for Jenny McConnell AM, FACP BAppSci(Phty), Grad Dip Man Ther, M Biomed Eng

Jenny McConnell is a specialist musculoskeletal physiotherapist working in private practice in Sydney. Jenny has been involved in research into patellofemoral, lower limb, shoulder and lumbar spine problems. She has published widely in these areas, has been an invited speaker at over 100 conferences both nationally and internationally and conducted numerous workshops on the management of chronic musculoskeletal problems - patellofemoral, shoulder and spine. Jenny is on the editorial boards of Clinical Journal of Sports Medicine, and Physical Medicine and Rehabilitation. In 2006 Jenny was awarded the prestigious F.E. Johnson Memorial Fellowship by the NSW Sporting Injuries Committee for outstanding achievement by an established researcher in the field of science and medicine in sport. In 2009 Jenny was awarded by the Australian government a member of the Order of Australia honour for service to physiotherapy as a practitioner and researcher, particularly through the development of innovative musculoskeletal pain management techniques and treatment. In June 2023 Jenny was unanimously selected by the International Patellofemoral foundation, an international group of orthopaedic surgeons, for a patellofemoral lifetime achievement award recognising her distinguished career dedicated to understanding and treating patients with patellofemoral disorders. She is the first physio and first person in the southern hemisphere to be chosen for such an honour.



## 【課程資訊】

### 2024/05/17(五)研討會 Lecture & Demonstration

- 報名人數：05/17(五)研討會 Lecture(限 125 人)
- 課程地點：5/17 犇亞商務暨會議中心 (105 台北市松山區復興北路 99 號 2 樓 201 會議廳) ,
- 講 師：Jenny McConnell AM, FACP. (課程現場有翻譯講師)
- 主辦單位：台灣物理治療所發展協會、星台有限公司、陽明利恆有限公司
- 協辦單位：社團法人臺灣物理治療學會
- 諮詢電話：07-3410819 分機 13 & 19
- **【05/17(五)研討會 Lecture 報名費用/限 125 人】**

一般學員(個人)\$ 3,000

團體報名(三人以上)：每人\$ 2,700

VASYLI 種子治療師：\$ 2,700

台灣物理治療所發展協會會員 / 臺灣物理治療學會會員：\$ 2,700

- 匯款方式繳費資訊

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戶名：星台有限公司 / 銀行：台灣銀行 (004) 左營分行(0358) / 帳號：035001138304

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- **【課程教育積分】** 骨科醫學會時數認證(申請中)、復健科醫學會時數認證(申請中)、物理治療師/生時數認證(申請中)
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