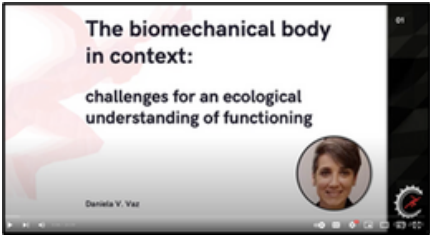


Affordance-based practice: An ecological-enactive approach to chronic MSK pain management.

Learn more from McGill's own Peter Stilwell about this extremely interesting perspective and its implication for clinical practice.

[Access Here](#)

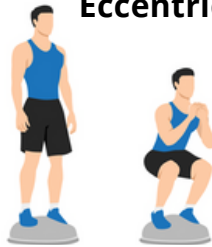


Click on the images to listen to two of the authors.

Eccentric resistance training has become increasingly popular as an intervention.

This narrative review provides an in-depth look at the rationale behind this specific type of exercise prescription.

[Access Here](#)



SCREEND'EM Before you TREAT'EM

Click [HERE](#) for a useful tool to help identify possible spondyloarthropathies.

ALSO, A READY TO USE screening form: **CLICK ON THE IMAGE** to download

Are you Making Every Contact Count (MECC)?

MECC is a brief physiotherapy intervention aimed at supporting behaviour change in patients with MSK conditions.

Read on for more info!

[Access Here](#)

Healthy Conversation Skills
(Modified from Parchment et al 2023)

Healthy Conversation skills empower people to:

- Identify issues
- Explore barriers
- Generate solutions

PHILOSOPHY

I am not responsible for the choices made by others.

Just being given information alone does not make people change.

People come to us with solutions.

It is not possible to influence people to change their behaviour.

KEY SKILLS

- Ask open discovery questions
- Listen more
- Reflect on practice
- Support SMART goal setting

Training in:

- Interactive
- In groups (6-16 people)
- Two half day sessions

Knowledge, skills and attributes health professionals should possess to effectively promote movement behaviour change

Foundation competencies for all health professionals to promote movement behaviour change

Recognise

that all health professionals have an important role in supporting movement behaviour change

how their own movement behaviours can influence their engagement with movement behaviour change delivery

the multifactorial determinants of movement behaviours (e.g., social, behavioural or cultural influences)

Use

person-centred approaches to facilitate shared decision making in movement behaviour change support

effective communication strategies to build therapeutic rapport & facilitate movement behaviour change

individuals to optimise movement behaviours through effective interprofessional collaboration

Understand

the independent and combined effects of total physical activity & sedentary time on health

the importance of physical activity and sedentary behaviour in the public health context

the common barriers & facilitators to movement behaviours

Take ownership

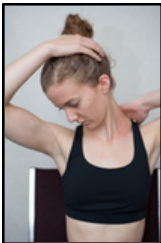
over their role in the promotion of movement behaviour change

a positive movement behaviour change culture that supports its sustainable integration into wider clinical practice

Alsop et al 2023

Click the image to learn more

Can exercise prevent neck pain?



[Current evidence](#) suggests it might. This systematic review identified moderate-certainty evidence that exercise interventions reduce the risk of developing new episodes of neck pain in the short term (<12 months), particularly in office workers.

HERKNEE

Click on the image to listen to Jackie Whittaker discuss **HERKnee**



HERKnee

Gender Considerations for Sport Injury Risk, Return to Activity & Long-Term Health

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