

# Primitive Reflex Inhibition & Sensorimotor Training for Recurrent Injuries and Chronic Pain

**Tutor: Jacqui Clark** MSc PhD<sup>(c)</sup> MCSP MPNZ

Guest Senior Lecturer Manchester Metropolitan University UK



***Suitable for musculoskeletal and chronic pain physiotherapists.***  
2 day practical course

Contemporary pain research shows that chronic pain is associated with sensory processing alterations and the presence of primitive reflexes in the CNS. Patients with persistent pain conditions and recurrent injuries do not always respond well to general exercise and standard physiotherapy and this can be due to the changes in the central nervous system (CNS). Sensory processing alterations may have been present since childhood development or acquired through injury. For these people standard rehab should be enhanced **with sensorimotor training and primitive reflex inhibition.**



Sensory processing and anxiety in central sensitisation pain is the focus of Jacqui's PhD research through Manchester Metropolitan University, UK.



Regardless of your experience level, this course can help. The practical will involve assessment and rehabilitation of aspects of sensorimotor function including postural equilibrium control, proprioception, midline crossing, oculomotor function, tactile acuity including 2-point discrimination, and primitive reflex inhibition.

## Course Objectives:

After the course you will be able to:

- Appreciate how sensorimotor problems including disinhibited primitive reflexes affect movement and function.
- Assess and rehabilitate a selection of primitive reflexes and sensorimotor dysfunctions and recognize how they influence movement & cognitive function.
- Appreciate how sensory processing training and primitive reflex inhibition can be applied to other disorders affecting the CNS such as some neurological conditions, some anxiety disorders and developmental learning difficulties.
- Apply your new strategies immediately in the clinic for your persistent pain patients.

## Course Tutor - Jacqui Clark MSc(UK), PhD(c), MCSP, MPNZ



**Guest Senior Lecturer Manchester Metropolitan University (UK)  
International Post Graduate Physiotherapy Lecturer**

*Jacqui Clark qualified as a Chartered Physiotherapist in 1989 in London and is currently undertaking research for her PhD through Manchester Metropolitan University UK in collaboration with Brussels University. She is a member of the Cognitive Motor Function Research Group at Manchester Metropolitan University and of the Pain in Motion international research collaboration. Since the early 1990's Jacqui has specialized in movement dysfunction, motor control and the brain, and how this relates to pain and disability. From 1997 to date she has lectured extensively, tutoring postgraduate courses and conferences worldwide in motor control and sensorimotor training for pain and injury rehabilitation. Jacqui brings a wealth of clinical and academic knowledge to her courses. Her own clinical caseload includes those with recurrent sports and spinal injuries, various chronic pain presentations, children with mild learning difficulties and some with neurological impairments. She is also Guest Senior Lecturer at Manchester Metropolitan University. Her courses are highly informative, logical and taught in an "easy to grasp" style.*