



The New Zealand Association
of Musculoskeletal Medicine



AFMM - NZAMM 2021 WINTER RETREAT QUEENSTOWN

Topic: Musculoskeletal Management

Winter Retreat Dates:	Thursday	24 th June	1.00pm – 5pm
	Friday	25 th June	8.30am – 1pm 5.00pm – 7pm
	Saturday	26 th June	8.30am – 1pm

Venue: Copthorne Hotel and Resort, Queenstown Lakefront Hotel

Cost:	Retreat - 3 days	\$	225.00
	24th June wine tasting	\$	20.00
	25th June winery tour	\$	95.00

Social events

24th June (Thursday) 5.30pm – 6.30pm Wine tasting with Tania - \$20per person

An interactive Wine tasting at the Copthorne; 5 different wines from Gibbston Valley/Cromwell/Bannockburn/Alexandra (75ml pours)
Opportunity to purchase

25th June Friday Afternoon 2pm - 5pm Winery Tour; Gibbston Valley Winery \$95per person

Depart Queenstown 2pm sharp. Drive to Gibbston Valley (approx. 25mins)

Private tasting with winemaker (Availability) – 5 wines.

Shared cheese platter 5-10 people return to hotel by 5pm

Registration: **Email:** brenda.evitt@nzamm.org.nz to confirm your place
Payment: **Internet Banking:** NZ Association of Musculoskeletal Medicine
BNZ 02-0390-0124462-001
Code: Retreat Reference: Surname and initial

Refreshments: **Thursday** Afternoon tea
Friday Morning tea and lunch
Saturday Morning tea
Please let us know of any special dietary requirements upon registration.

Accommodation: Copthorne Hotel

We are pleased to confirm that the Copthorne Hotel has Superior rooms at the following rate:

- Superior Room \$175.00
- Full cooked breakfast is available \$24.00

HOW TO ACCESS YOUR CONFERENCE ACCOMMODATION RATES Your group code is: NZAMM21

Go to: <https://www.millenniumhotels.com>

- Type in destination: Copthorne Hotel and Resort Queenstown Lakefront Hotel
- Choose your dates, then add your Group Code under ADVANCED SEARCH, click BOOK NOW
- Choose your room type, click SELECT
- Click CHECKOUT
- Enter your details, confirm your booking!
- For further assistance, please contact our reservations team and quote your group code
- NZ Reservations Tel: 0800 808 228
- Email: reservations@millenniumhotels.co.nz

Amendments and cancellation can be made 48hrs prior to arrival, rooms will be subject to availability at time of booking.

What to Expect at the 2021 Winter Retreat?

- Please see below for the provisional programme.

Programme:

1. The Retreat is open to medical Practitioners and other appropriately qualified interested people.
2. The topic for this Retreat is **Musculoskeletal Management**

Programme Convenor: Dr Steve Bentley (Email): scbentley114@gmail.com

Winter Retreat 2021 Provisional Programme

Thursday 24th June 2021

1.00 pm	Welcome:	Dr Steve Bentley
	<ul style="list-style-type: none">• Who are we? What does Musculoskeletal Medicine offer patients that no other medical discipline or medical specialty can offer?	Dr Steve Bentley
	<ul style="list-style-type: none">• Management approach to a variety of musculoskeletal problems. Interactive session.	All Attendees
	<ul style="list-style-type: none">• Case Presentations: 'What works in my practice'	NZAMM Fellow / Members
3.00pm	AFTERNOON TEA	Will be served
	What is the place of medication in musculoskeletal medicine? (Evidence Vs What actually happens) <ul style="list-style-type: none">• Case 1: Indications for, and problems of opiate medication• Case 2: Indications for, and problems of pregabalin and gabapentin medication• Case 3: Indications for and problems of cannabinoid medication. Discussion: Full audience participation	Dr Morne Pienaar Dr Jason Chin Dr Jeremy Steinberg All Attendees
	<ul style="list-style-type: none">• Indications for diagnostic and interventional pain management (Zygapophyseal joint pain)	TBA
	<ul style="list-style-type: none">• Case Presentations: 'What works in my practice'	NZAMM Fellow / Members
5.00pm	FINISH	
5.30pm – 6.30pm	Wine tasting at the Copthorne Hotel	Tania
6.30pm	Dinner at Copthorne Hotel – Not included in costings	

Friday 25th June 2021

8.30am	<ul style="list-style-type: none"> Principles of clinical assessment, manual therapy and rehabilitation 	Dr Steve Bentley
	<ul style="list-style-type: none"> Case Presentations: 'What works in my practice' 	NZAMM Fellow / Members
10.00am	MORNING TEA	Will be served
10.30am	<ul style="list-style-type: none"> Measuring, assessing outcome 	Dr Amanda Cormack
	<ul style="list-style-type: none"> Presentation of any research (or Audit) done by members or review of a particular subject, emphasis on management. 	NZAMM Fellow / Members
1.00pm	LUNCH	
	AFTERNOON FREE	
2.00pm – 5.00pm	Winery tour - Gibbston Valley Winery	
5.00pm – 7pm	<ul style="list-style-type: none"> An Update on ACC and NZAMM 	Drs K Laubscher & M Johnston
	<ul style="list-style-type: none"> AFMM NZAMM Business update 	Dr J Keightley & NZAMM Exec
7.00pm	FINISH	

Saturday 26th June 2021

8.30am						
	<table border="1"> <thead> <tr> <th>STREAM A</th> <th>STREAM B</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> Manual Therapy and Rehabilitation instruction. </td> <td> <ul style="list-style-type: none"> Interventional Pain Management Issues </td> </tr> </tbody> </table>	STREAM A	STREAM B	<ul style="list-style-type: none"> Manual Therapy and Rehabilitation instruction. 	<ul style="list-style-type: none"> Interventional Pain Management Issues 	Stream A Dr Steve Bentley Stream B Dr Mark Johnston
STREAM A	STREAM B					
<ul style="list-style-type: none"> Manual Therapy and Rehabilitation instruction. 	<ul style="list-style-type: none"> Interventional Pain Management Issues 					
10.00am	MORNING TEA		Will be served			
10.30am	<ul style="list-style-type: none"> Interventional Therapy and Rehabilitation instruction. 		NZAMM Fellow			
	<ul style="list-style-type: none"> Case presentation(s) Live patient(s) 					
1.00pm	FINISH					

Note:

- Case Presentations: 'What works in my practice'. 10 mins total. (5 mins on a successful case with 5mins of available evidence (Level 4 acceptable))
- Management Research Presentations: 15 – 20 mins for presentation of personal research. 10 mins if presenting someone else's research

We look forward to seeing you there!