

# ARE YOU READY FOR



## OCTOBER 16, 2016

**Straighten Up and Move!**



## Clear messages emerge from World Spine Care conference.

Over 120 delegates attended the Botswana Spine Care Conference, held in the town of Mahalapye, April 21-22.

Hosted by the not-for-profit World Spine Care (WSC) organization, the conference brought together delegates from a wide range of health backgrounds, including representatives from the Botswana Ministry of Health, nurses, physiotherapists, medical doctors and spine surgeons.

The theme of the conference was "*Putting Evidence Based Care Into Practice*"

Speakers included chiropractors Professor Scott Haldeman, President of WSC, Dr Jean Moss (CEO), Dr Geoff Outerbridge (Clinical Director), Dr Maria Hondras (WSC Research Scientist), Dr Deb Kopansky-Giles and Dr Raquel Rojo Delgado.

The conference welcomed newly trained spine surgeon, Mr Tiro Mmopelwa who was trained in Turkey with Mr Emre, the head of the WSC spine program, and Dr. Vincent Setlhare, an MD who is the head of the department of family medicine and public health at the University of Botswana.

The main message was one of conservative care first, and the need to establish very clear justification for surgery (with only 1-3% of those with spine pain eligible).

Speaker after speaker emphasized the need for education and exercise, minimal use of and clear justifications for, pain medication and a need to focus on identifying and addressing psychosocial risk factors.



## Clear messages emerge from World Spine Care conference (continued).

With the recent launch of the WSC Yoga project, delegates also had the opportunity to take part in sessions to stretch and rejuvenate. For the past year, project co-directors Erin Moon and Barrie Risman created a teacher training program for communities served by World Spine Care. This program trains local people to offer free yoga classes for WSC patients. The first 10-day training was offered for the Shoshong and Mahalapye clinics last month. Free yoga classes are now being offered by our trainees at both clinics.

Speaking after the event, WSC Clinic Director Dr Geoff Outerbridge said: "This conference has been a great opportunity to share the WSC message and evidence-based approach with many Ministry of Health employees. Our messaging was clear and consistent and it was clear that regardless of the discipline, an adherence to the evidence harmonizes our approach."

World Spine Care (WSC) is a multinational not-for-profit, charitable organization founded in 2008 by Scott Haldeman MD, PhD, DC, a leading figure in the assessment and treatment of spinal conditions. It was launched to fill the profound gap in the evidence-based treatment of musculoskeletal and especially spinal conditions found in underserved areas around the world.

To learn more about World Spine Care, to donate or to volunteer, visit [www.worldspinecare.org](http://www.worldspinecare.org).



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