

The Mx+ Masterclasses:

Applying neurophysiology and behavioural science to enhance clinical outcomes in persistent musculo-skeletal disorders.

Lorimer Mosely suggests musculo-skeletal pain is an individual's response to an actual and/or perceived threat to their body, lifestyle, or social circumstances. In the absence of serious pathology, the responses to the question "how dangerous is this really?" are neurophysiological and behavioural, and are modulated by changes across the neuroendocrine-immune-motor systems. These systems interact and affect inflammatory processes, levels of pain perception, levels of distress, and the patient's behaviour.

The Mx+ course is a series of three masterclasses, grounded in neurophysiology and human behaviour to address the question "Why is **this** patient presenting in **this** way, at **this** time?". It is a person-centred approach, within the biopsychosocial framework, to assist therapists to translate the latest evidence in neurophysiology and human behaviour into the practical processes of gathering information, clinical reasoning and designing individualised interventions.

Masterclass MX+ 1 - "It's not what we do – it's the way that we do it!" (2 ½ hours)

Evidence shows that the specific effects of a technical intervention only minimally explain a successful clinical outcome, and that the common factors associated with the patient, therapist and the context of the encounter are responsible for 4x the amount of variance in treatment outcomes.

We will explore the factors that positively and negatively influence the relationship, and the process of building a strong therapeutic alliance through open, reflective and empathetic communication. We will also look at how positive emotions such as resilience can broaden a patient's options, and how assisting patients to access their strengths can give them a sense of competence, enabling optimal functioning and performance.

Masterclass Mx+ 2 - A systems approach to clinical reasoning (2 ½ hours)

Traditional approaches to clinical reasoning have been grounded in the biomedical model, to identify a specific structure that is responsible for the patient's presentation. This model may be appropriate for an acute injury, where pain is an appropriate protective response to enable healing.

However, when pain has become maladaptive and persistent it has a significant biopsychosocial impact on a patient. An alternative model to identify their key modifiable drivers of pain, that encompasses the patient's thoughts, feelings and behaviour as well as the underlying changes in the neuro-endocrine, immune and motor systems. The outcome of this process is a multidimensional picture that enables an individualised treatment approach.

An interactive workshop encompassing a variety of patient presentations will help to make this approach more accessible.

Masterclass Mx+ 3 - "We get the body that our behaviour deserves" (2 ½ Hours)

The aim is to take an individual on a journey to self-manage their disabling LBP effectively, with a program tailored to their unique multidimensional clinical presentation and context:

An interactive workshop will include:

- Facilitating a change in mindset by helping a patient to make sense of it all and what they can do about it
- Accessing their belief structure, self-efficacy and resilience
- Identifying lifestyle and activity changes
- Collaborative goal setting and development of a graded exposure programme
- Supporting motivation, adherence and resilience