Clinical Fellowship in MYOPAIN Rehabilitation

This Clinical Fellowship in MYOPAIN Rehabilitation is proudly hosted by RECOUP Neuromusculoskeletal Rehabilitation Center in association with International MYOPAIN Society (IMS), Fascial Manipulation Association (FMA), Indian MYOPAIN Society (IndMS), RECOUP Research and Education Foundation (RREF).

FELLOWSHIP DIRECTOR
Dr. Deepak Sharan,
Consultant in Orthopaedics, Rehabilitation, Ergonomics, Occupational Safety and Health.

LOCATION OF FELLOWSHIP
RECOUP Neuromusculoskeletal Rehabilitation Centre
312, 10th Block, Further Extension of Anjanapura Layout, L.B. Shastri Nagar, Bengaluru-560108, India.

CERTIFYING AUTHORITIES
- International MYOPAIN Society (IMS)
- Fascial Manipulation Association (FMA)
- Indian MYOPAIN Society (IndMS)
- RECOUP Research and Education Foundation (RREF)

START DATES OF FELLOWSHIP
Batch A: January 1, 2018
Batch B: July 1, 2018

ELIGIBILITY
- Bachelor’s in Physiotherapy, Occupational Therapy, Dentistry, Osteopathy, Chiropractic or MBBS.
- Registration or licensure in the respective professional council.
- Membership of Indian MYOPAIN Society (for applicants from the Indian Subcontinent) or International MYOPAIN Society (for applicants outside the Indian Subcontinent).
- All nationalities are welcome to apply.

DESIRABLE ATTRIBUTES
- Master’s in Physiotherapy, Occupational Therapy, Dentistry, Osteopathy, Chiropractic or Postgraduate Diploma or Master’s (Physical Medicine and Rehabilitation, Pain Management, Rheumatology, Neurology or Orthopaedics).
- At least 1 year experience of treating MYOPAIN Conditions.
- At least 1 publication on MYOPAIN conditions in an indexed journal.
- At least 1 scientific presentation on MYOPAIN conditions in a conference.

FACULTY
- Senior Trainers from RECOUP
- Visiting National and International Faculty.

Organized by:
RECOUP has a multidisciplinary team of over 100 highly skilled, qualified, experienced and reputed multispecialty Physicians and Rehabilitation Professionals. It is one of the largest rehabilitation team in the world, treating over 1000 patients daily. RECOUP was established in 2001 and has a hospital in Bangalore and 15 clinics across India. In addition, RECOUP has around 50 on-site occupational health and ergonomics clinics across India.

RECOUP Research and Education Foundation (a unit of Sharanam Charitable Trust), offers a variety of educational and training programs for patients including Understanding Pain, Back School, Ergonomics, and Musculoskeletal Disorders. RREF has hosted more than 100 Conferences, Courses and Workshops for professionals on topics such as Ehlers-Danlos Syndrome, Prolotherapy, Scoliosis Rehabilitation, Fascial Manipulation, Breathing Pattern Disorders, Janda’s Approach, FAKTR, Dry Needling, Somatosensory testing and rehabilitation, Ergonomics, Occupational Health, etc.

RECOUP’s CREDENTIALS AT A GLANCE

Repetitive Strain Injuries:
- Inventor of the Internationally acclaimed SHARAN’S PROTOCOL (Skilled Hands on Approach for Release of myofascia, Articular, Neural and Soft-tissue mobilisation) and the DEEPAK SHARAN’S Severity score for Musculoskeletal Disorders.
- “Cult Figure in the World of RSI” - Wall Street Journal.*
- Chairperson elect, Musculoskeletal Disorders Subcommittee, International Commission of Occupational Health.*
- Member, Board of Directors, International Myopain Society.*
- Founder President, Indian Myopain Society.*

Ergonomics and Occupational Health:
- One of the world’s largest consultancies, with clients including Oracle, Texas Instruments, Mercedes Benz, Yahoo, SAP, ABB, Qualcomm, NetApp, Honeywell, CSR, Elliott, among 60 companies, covering over 5,00,000 employees daily.
- Founder Director, EPM International Ergonomics School, Italy.*
- Founder President, Indian Ergonomics School.*
- The only authorised organisation in the English speaking world to conduct certified training on Risk Mapping, TACO Tool, OCRA methods, Revised NIOSH Lifting Equation, and Push-Pull-Carry.

Childhood Disabilities:
- Winner of 2008 National Disability Award; 2012 Henri Bensahel Award (the World’s highest research award in Paediatric Orthopaedics) and 2016 Silver Jubilee Oration (Indian Orthopaedic Association) for developing Single Event Multilevel Lever Arm Restoration and Anti Spasticity Surgery (SEMLARASS) for Cerebral Palsy; Advisor on Cerebral Palsy to Govt of India and on Locomotor Disabilities to Govt. of Karnataka.*

Orthopaedics and Neurological Disorders:

Understanding Pain and Disabilities:
- RECOUP is the world’s topmost research organisation in the fields of RSI, Chronic Pain, Ergonomics, Occupational Health, Neurorehabilitation and Cerebral Palsy, with over 500 major conference presentations and publications in top peer-reviewed and indexed International journals.

Professionals and Patients Training:
- Organising over 15 International conferences or courses annually.
- Organiser of MYOPAIN: The 10th World Congress on Fibromyalgia and Myofascial Pain Syndrome (Oct 2017) and PREMUS (Sept 2022).*
- RECOUP invests over INR 50 lakhs (USD $80,000) per year in training, research and development.

* Refers to Dr. Deepak Sharan

ABOUT THE FELLOWSHIP DIRECTOR: DR. DEEPAK SHARAN

- He has 26 years of International clinical experience in Orthopaedic Surgery with qualifications in Ergonomics, Occupational Safety and Health, Orthopaedic Engineering and Rehabilitation Technology
- Has Produced over 500 scientific publications or conference presentations, including several on MPS and FMS
- Winner of several National and International research grants and awards
- Internationally recognised expert in Ergonomics and Work Related Musculoskeletal Disorders (also called Repetitive Strain Injuries or RSI), having developed his own assessment and treatment approach called the SHARAN’S Protocol (Skilled Hands on Approach for Release of myofascia, Articular, Neural and Soft tissue mobilization) and the DEEPAK SHARAN Severity Score for musculoskeletal disorders
- Leads a team of over 100 medical/rehabilitation professionals that has successfully treated over 500,000 clients with chronic pain from 40 countries since 2001
- Described as a “cult figure in the world of RSI” by the Wall Street Journal
- Member of the IMS Board of Directors and Founder and President, Indian MYOPAIN Society.
- Founder Director of EPM International Ergonomics School, Milan, Italy and the President of EPM Indian Ergonomics School
- Organising chairperson, the 11th International Scientific Conference on the Prevention of Work-Related Musculoskeletal Disorders (PREMUS) in September 2022 in Bangalore, India
APPLICATION
- Online on www.myopainindia.in
- Application deadline: Batch A - November 15, 2017; Batch B - April 30, 2018
- Shortlisted candidates will be interviewed in person in Bengaluru or by Skype.

OBJECTIVES
BY THE END OF THE FELLOWSHIP, THE CANDIDATE SHOULD BE ABLE TO
1. Elicit and document a comprehensive history, emphasising the predisposing and perpetuating factors for MYOPAIN conditions.
2. Perform and document a thorough musculoskeletal examination, including diagnosis of MYOPAIN conditions, record keeping and outcome measures.
3. Assess and measure the biological and psychosocial factors that contribute to pain, physical dysfunction and disability using valid and reliable assessment tools.
4. Identify professional, system, patient, family and community barriers to effective pain assessment and management.
5. Educate the patient and correct contributory and perpetuating factors (posture, diet, stress, habits, ergonomics, breathing pattern disorders, kinesiophobia, catastrophising, etc.).
6. Develop an evidence-informed physical therapy management programme in collaboration with the client/patient, directed at modifying pain, promoting tissue healing, improving function and reducing disability.
7. Implement management that includes patient education, active approaches such as functionally oriented behavioural movement re-education approaches and exercise (including pacing), and passive approaches such as manual therapy, and application of electrophysical agents as relevant.
8. Demonstrate an awareness of their scope of practice to evaluate and manage patients experiencing pain using evidenced-based practice strategies for clinical decision-making.
9. When appropriate, refer patients in a timely manner for additional care to practitioners with expertise such as medical and surgical, behavioural and psychological, or pharmacological interventions.
10. Recognise individuals who are at risk for under-treatment of their pain (e.g., individuals who are unable to self-report pain, neonates, cognitively impaired).
12. Apply knowledge of basic science of pain to the assessment and management of people with pain.
13. Promote health and well-being through prevention of pain and disability.
14. Practice in accordance with an ethical code that recognises human rights, diversity, and the requirement to “do no harm.”
15. Reflect critically on effective ways to work with and improve care for people with pain.
16. Regularly update personal knowledge on MYOPAIN conditions and its management.

FEATURES OF THE FELLOWSHIP
- Theoretical and hands on training, including tutorials, workshops, symposium, case discussions and journal clubs on Neuromusculoskeletal Rehabilitation and Ergonomics, with a focus on MYOPAIN conditions.
- Training in research methodology and participation in at least 10 guided research projects and a thesis for publication as papers in indexed medical journals.
- Complimentary participation in courses on Neuromusculoskeletal Rehabilitation and Ergonomics conducted by RREF, including MYOPAIN 2017: The 10th World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome and the Annual MYOPAIN India Regional Conferences to be held during the tenure of the fellowship.
- Level I and II Diploma in Fascial Manipulation (Stecco Method), awarded by Fascial Manipulation Association, Italy, subject to passing the certifying examinations. The cost of this Diploma is over INR 100000, and is offered free to the Fellow.
- Hands on training in Somatosensory assessment and rehabilitation, including Quantitative Sensory Testing.
- Hands on training in Deep pressure soft tissue friction massage, myofascial release, muscle energy techniques, positional release techniques, Nimmo’s Receptor Tonus Method, soft tissue mobilisation, Spray and stretch, Aquatic Therapy, Integrated Neuromuscular Inhibition Technique, Kinesiology or Functional Taping, Neural and articular mobilisation, Visceromyofascial techniques, Instrument assisted soft tissue mobilisation using Functional and Kinetic Treatment with Rehabilitation (FAKTR) concepts, Cranial Osteopathy, Lymphatic Techniques, Yoga, Graded Motor Imagery, Mirror Therapy, Constraint Induced Movement Therapy, Movement Reeducation, Virtual Reality Based Therapy, Whole Body Vibration Therapy, Graded exposure in vivo (GEXP) for pain-related fear, anxiety and pain disability, Cognitive Behavioural Therapy, Mindfulness Training, etc.
- Hands on training in assessment and rehabilitation of Breathing Pattern Disorders.
- Hands on training in assessment and rehabilitation of Postural Disorders using Janda’s and Kolar’s concepts.
- Observation in Dry Needling, Trigger Point Injections, Prolotherapy, Perineural Injections, and other Interventional Pain Procedures.
- Certified training in Ergonomics under Indian Ergonomics School, including certification in Risk Mapping, Postural Risk using EPM TACO Tool, Biomechanical Overload using OCRA.
methods, Revised NIOSH Lifting Equation, and Push-Pull-Carry, awarded by EPM International Ergonomics School, Milan, Italy.

- Training in Business Practice Skills.
- Internship at RECOUP Hospital involving clinical postings to treat patients with Neuromusculoskeletal conditions, initially under supervision.
- Approximately 50% of the time will be spent on training and 50% on clinical work.
- Timings: 9 hours, 6 days a week.
- Holidays: Two breaks of 15 days each (December 16-30 and June 16-30) every year.

STIPEND
- INR 25000 per month
- Single, shared accommodation available for INR 3000 per month
- Subsidised meals available in RECOUP’s cafeteria
- INR 30000 will be retained as a caution deposit, to be paid up front or in 3 monthly instalments, and will be refunded on successful completion of the fellowship.
- The fellows will attend free training courses and certification estimated worth over INR 30000 during the fellowship.

NEED FOR THIS FELLOWSHIP
MYOPAIN conditions are one of the:
- Primary causes of chronic pain
- Leading cause of missed work and disability
- Highest drivers of health care costs

However, they can be successfully treated by specially trained and skilled healthcare professionals. No International fellowships or structured training programmes in MYOPAIN conditions are currently available.

This fellowship is ideal for an entry level medical and rehabilitation professional wishing to specialise in treatment and/or research of MYOPAIN conditions.

FUTURE CAREER PROSPECTS
- Structured training and formal certification by recognised International Authorities in this niche area will greatly enhance the employability of the fellow anywhere in the world, besides adding to their professional credentials if they choose to practise privately.

- If the performance of the fellow is satisfactory, a Consultant position at any location of RECOUP may be offered, either in a clinical or academic (research/training) position. In general, RECOUP pays the highest salaries in the Indian Subcontinent in the field of Neuromusculoskeletal Rehabilitation.

- Alternatively, the fellows can practice elsewhere in the world as our affiliates and will be referred suitable patients for treatment.

CONTACT US
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INDIAN MYOPAIN SOCIETY
The International MYOPAIN Society (IMS, www.myopain.org) is the multi-disciplinary international community that brings together a diverse group of scientists and health care professionals to improve our knowledge, understanding, and care of MYOPAIN conditions. Indian MYOPAIN Society (IndMS) became an official Chapter of the IMS on February 27, 2017. The IndMS was created for the benefit of patients in the Indian Subcontinent with soft tissue pain conditions and healthcare professionals who manage them.

ABOUT MYOPAIN CONDITIONS
MYOPAIN conditions include:
- Myofascial Pain Syndrome (MPS)
- Fibromyalgia Syndrome (FMS)
- Repetitive Strain Injuries
- Temporomandibular Disorders
- Chronic Fatigue Syndrome
- Muscle Spasm
- Myalgias and Myositis
- Tendinosis and Tenosynovitis
- Hypermobility and Ehlers-Danlos Syndrome
- Performing Arts Injuries
1. Multidimensional Nature of Pain
- Magnitude of the problem: epidemiology of pain as a public health problem with social, ethical, and economic considerations.
- Current theories of the anatomical, physiological, and psychological basis of pain and pain relief.
- Definition of pain and the multidimensional nature of the pain experience.
- Impact of age, gender, family, culture, spirituality, and the environment on the pain experience.
- Role and responsibilities of the physical therapist in pain management and the integration of physical therapy into the interdisciplinary team.
- Roles and responsibilities of other health care professionals in pain management and the merits of interdisciplinary collaboration.
- Integration of physical therapy interventions into a holistic management strategy in collaboration with other professions (health and non-health).
- Pain across the life span (physiological and psycho-social factors, implications for assessment, measurement, and intervention)

2. Basic Science:
- Understand and describe nociceptors and the adequate stimuli to activate nociceptors in different tissue types (i.e. skin, muscle, joint, viscera). Explain the afferent innervations of the spinal cord from different tissue types, and how pain from different tissues is processed centrally.
- Define and describe peripheral sensitisation and how these changes are associated with pain perception.
- Describe neurogenic inflammation, the neurotransmitters involved in this process, and how these neurotransmitters could contribute to peripheral pain processing.
- Understand the changes and role of ion channels, excitatory neurotransmitters, and inhibitory neurotransmitters in the peripheral nervous system and in non-neuronal cells, and explain how these changes are important in the processing of pain transmission.
- Describe animal models of pain. Understand what the models are trying to mimic, and why one would use an animal model to study pain.
- Describe the pain pathways involved in the sensory discriminative and motivational affective component of pain.
- Describe and define central sensitisation and how this is similar and different from peripheral sensitisation.
- Describe and understand the mechanisms that underlie pain behaviours: referred pain, primary hyperalgesia, secondary hyperalgesia, allodynia.
- Understand the role of excitatory neurotransmitters, inhibitory neurotransmitters, and glia in the central nervous system in enhancement of pain transmission, and changes that occur because of tissue injury.
- Describe the descending pathways that modulate pain transmission.
- Understand the differences between pain facilitation and pain inhibition, brain sites, and neurotransmitters that play a role in this process. Understand how these pathways can be activated by non-pharmacological treatments.
- Understand the long-term consequences of chronic pain on the brain.
- Understand neuroimaging tools and key brain regions underpinning the experience of pain, and how this changes, depending upon the context, cognitive and emotional state of the individual.
- Compare and contrast two or more theories on the interactions between pain and motor function (e.g. Vicious Cycle Theory and Pain Adaptation Theory).
- Anatomy, Physiology, Biomechanics and Kinesiology of the Neuromusculoskeletal System.
- In-depth study of basic and clinical research knowledge available on connective tissue and fascial system, muscles, myofascial trigger points, causes and patterns of musculoskeletal dysfunction.

3. Pain Assessment and Measurement
- Recognize the differences between acute and chronic pain and the implications for assessment and management of the patient.
- Emphasize performance of a comprehensive assessment using reliable and validated tools in the acute pain phase to prevent the onset of chronicity.
- Use a biopsychosocial approach for assessment of pain and disability as it accounts for the multidimensional nature of pain in domains relevant to physical therapy practice.
- Account for the multidimensional nature of pain by including...
appropriate assessment measures for primary domains including Sensory, Affective, Cognitive, Physiological, and Behavioural.

- Recognise strengths and limitations of commonly used measures for different pain dimensions: Self-report measures as “accepted standard” not gold standard, Physical performance measures including Functional Capacity Evaluations (FCEs), and Physiological/autonomic response measures

- Modify pain assessment strategies to match inherent variability associated with the patient’s clinical presentation: Individual factors (e.g. age, sex, etc.), Sociocultural influences (e.g. spirituality, ethnicity, etc.), Clinical characteristics of pain (e.g. duration, anatomical location, etc.), Pain type and state (e.g. neuropathic pain, cancer pain, etc.), Vulnerable populations (e.g. communication barriers, cognitive impairment etc.)

- Interpret, critically appraise (reliability, validity, and responsiveness), and implement available pain assessment instruments for: Screening for the development of chronic conditions; Identifying accepted patient subgroups for application of treatment; and Determining clinical relevance and/or magnitude of patient outcomes

- Understand the need to monitor and review the effectiveness of treatment/management and modify treatment and management strategies appropriately.

- Understand the need to refer to relevant health professional as appropriate and in a timely manner.

4. MANAGEMENT OF PAIN

- Demonstrate an ability to integrate the patient assessment into an appropriate management plan using the concepts and strategies of clinical reasoning.

- Understand the principles of an effective therapeutic patient/professional relationship to reduce pain, promote optimal function and reduce disability using active and where appropriate, passive pain management approaches

- Assist patients to develop a daily routine to support achievement and, where necessary, readjustment of habits and roles according to individual capacity and life situation

- Understand the need to involve family members and significant others including employers where appropriate.

- Use a person-centred perspective to formulate collaborative intervention strategies consistent with a physical therapy perspective

- Understand appropriate pharmacology of medications used to treat pain

- Understand the limitations of the pharmacological management of chronic pain, the importance of combining pharmacological approaches with non-pharmacological management of chronic pain and the use of such strategies alongside appropriate evidence-based active self-management strategies

- Recognise the impact of, and evidence for, the use of therapeutic neuroscience education and self-management as a critical part of pain management.

- Design and apply appropriate educational strategies based on educational science.

- Identify the range of educational opportunities available across therapeutic domains (e.g., injury, disease, medical and post-surgical intervention) with consideration of age, culture and gender.

- Consider the scope and evidence for/against various contemporary therapeutic educational styles (e.g., biomedical, psychological, neuroscience) and models (e.g., stages of change theory) and service delivery modes including face to face, web-based, group education.

- Identify key variables which may impact on knowledge outcomes for the patient (e.g., self-efficacy, health literacy, co-morbidities, culture), the clinician (e.g., health professional's pain-related beliefs), the message (e.g. use of multimedia), and the context (e.g. insurance limitations; risk reduction; injury prevention)

- Understand and apply functional behavioural analysis of pain conditions.

- Appraise the value of screening tools in the identification of psychosocial factors predictive of persistent disability.

- Apply behavioural approaches (physical and cognitive behavioural components) and evaluate the effects.

- Understand the parameters (i.e., mode, frequency, duration, intensity) of therapeutic exercise for pain relief.

- Describe how to modify exercise parameters as they relate to the pain condition, age, psychosocial factors, and patient’s health status.

- Recognise the importance of implementing adjunct therapies to address issues related to exercise prescription (i.e., biopsychosocial, fear avoidance behaviour, catastrophising, cognitive behavioural therapy).

- Understand the importance of patient education in prescribing therapeutic exercise, including the concept of motivation, pacing) to enhance overall treatment effectiveness and compliance.

- Identify the factors associated with prolonged work loss and integrate strategies to overcome barriers to return to work.

- Understand the role of ergonomic principles, modified workplace accommodations.

- Develop a management plan for Physical Therapy, including Manual Therapy (myofascial therapy, massage, manipulation, mobilisation), Transcutaneous electrical nerve stimulation (TENS, IFC), Laser, PEMF, Relaxation, EMG Biofeedback, Taping, etc.

- Understand the proposed neurophysiological mechanisms and the associated effects, and for manual therapy the biomechanical effects, of each intervention as it pertains to pain management.

- Understand the principles of clinical application and current evidence for each intervention in the management of different pain conditions.

- Understand the principles of body awareness approaches, e.g., Yoga, Taijiquan (Zheng Manqing Style), Qi Gong, Evolution of Movement, Alexander technique and Feldenkrais.

5. CLINICAL CONDITIONS

- Low back and neck pain
- Headache and Migraine
- Fibromyalgia
- Complex regional pain syndromes
- Temporomandibular disorder
- Adhesive capsulitis
- Postoperative pain
- Ehlers Danlos Syndrome and Hypermobility Disorders
- Repetitive Strain Injuries
- Arthritis
- Cancer pain
- Myofascial pain
- Neuropathic pain
- Tendinopathies
- Sprains
- Pelvic floor pain
- Performing Arts Injuries