

Hand therapy webinar for you to learn more about managing your chronic wrist pain and the SMOc Program.

The wrist is naturally susceptible to a range of injuries and overuse syndromes, so it's not uncommon for us at Melbourne Hand Rehab to see patients with wrist pain. Around 10% of people will incur what is known as 'chronic wrist pain' – pain that has lasted for longer than 3 months.

Often with chronic wrist pain, the nature of the injury doesn't warrant the amount of pain that is occurring, or the original injury is healed but the pain still persists.

Our **FREE** information webinar allows you to connect with expert hand therapists as they share information designed to provide you with a better understanding of chronic wrist pain and strategies that can be adopted to help.

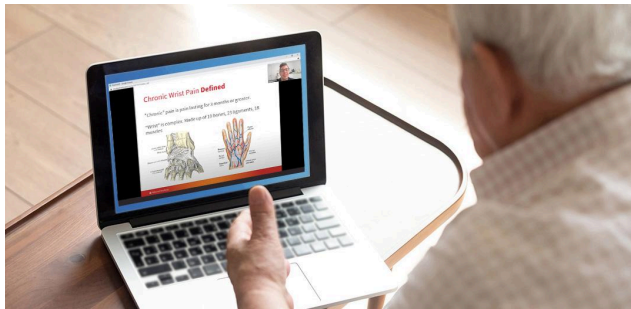


Our Managing Chronic Wrist Pain webinar

The webinar is hosted by our experienced hand therapists and covers:

- Chronic wrist pain defined
- Risk factors for chronic wrist pain
- The chronic pain cycle
- Review of common treatment options and why they might only offer short term relief
- What is the SMOc program (Sensorimotor control-based exercise) and how does it work?
- An interactive Q&A with our hand therapists

The webinar is free and presented over Zoom by our experienced hand therapists.



If you are new to webinars how does it work?

Webinars (web seminars) are video lectures hosted online. Once you have registered for the webinar you will be sent a link for the event. Here are the answers to some commonly asked questions:

- You do not need to download any special apps or software.
- Our webinar is run on *Zoom*.
- You can watch on a computer, tablet or smartphone.
- You do not need to be on camera for the webinar.
- The webinar is not recorded for the public.
- Webinar notes are available after the event.
- The event includes an interactive Q&A section.
- The webinar runs for about 40 minutes in total.

Register for a free webinar

To register for a free Managing Chronic Wrist Pain webinar:

<https://melbournehand.com.au/about-us/hand-therapy-webinars/>

For more information, call us directly on **03 9458 5166**

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