



Evidence to Practice: Lower Back and Pelvic Pain

Instructed by Eric Purves, MSc, RMT

Registration Deadline: October 3, 2026

Date: October 17-18, 2026 (2-day) **Maximum: 30 Participants** **Minimum: 12 Participants**
Location: Live, Online, 14-hour online course delivered via the Zoom platform.
Time: 12:00pm–7:30pm AST (Saturday–Sunday)
Fee: \$350 (ANBMT Member) \$450 (Non-Member)
**If you were to enroll in this course directly through the instructor, the course fee is \$450 + 5% GST or \$472.50*
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs: 14 hours
**Student members are eligible to take this certification.*

Course Description

This 2-day, 14-hour course provides a practical, clinically relevant approach to the assessment and management of acute and chronic low back and pelvic pain. Using an evidence-based framework, participants will integrate current pain science with contemporary massage and manual therapy research to refine their clinical reasoning and support better treatment outcomes. Emphasis is placed on translating best evidence into hands-on care, including massage therapy applications, movement interventions, and patient-centered communication. The course is designed to support clinicians in confidently applying their existing skills in a modern context to better support clients with complex and persistent pain presentations.

Learning Outcomes

Upon completion of this two-day course, participants will be able to:

- **Describe and differentiate** common clinical presentations of low back and pelvic pain, including discogenic pain, radiculopathy (sciatica), peripheral neuropathy, strains, sprains, and viscerally referred pain.
- **Apply evidence-based assessment strategies** to evaluate clients presenting with acute and chronic low back and pelvic pain within Registered Massage Therapist's (RMT) scope of practice.
- **Integrate an evidence-based clinical reasoning framework** into massage therapy assessment, treatment planning, and clinical decision-making.
- **Select and implement appropriate manual therapy interventions/techniques** grounded in current pain science and manual therapy research.
- **Apply existing massage therapy skills** confidently and appropriately within an evidence-based, patient-centred framework.
- **Distinguish the relative contributions** of tissue health, biomechanics, sensory mechanisms, and psychosocial factors to an individual's pain experience.
- **Demonstrate effective therapeutic communication strategies** to support client understanding, engagement, and adherence.
- **Incorporate movement-based strategies and modifications** to enhance clinical outcomes and functional capacity.

- **Develop and implement self-management strategies** to support long-term client outcomes and reduce recurrence.

Day 1

Introduction, objectives, expectations

Review relevant anatomy/movements of the LB/pelvis

Fundamentals of pain science and evidence-based practice

Concept of person-centered approach to chronic pain

Risk factors and causes

Group discussion

Assessment video demonstration and case studies focusing on mechanical pain

Lunch Break

Contraindications and precautions for treatment

Group discussion

Video demonstration and case studies

Day 2

Review and discussion day 1

Critical thinking discussion

Understanding back and pelvic pain research

Lower back pain conditions (osteoarthritis, discogenic pain, radiculopathy/sciatica, sacroiliac dysfunction, strains and sprains)

Group discussion

Video demonstration and case studies

Lunch Break

Treatment options

Incorporating movement into treatment

Self-management strategies

Group discussion

Video demonstration in prone, supine and side lying

Putting it all together - final thoughts and discussion

Course Materials

- A PDF copy of the course slides will be provided to participants prior to the course start date.
- Assessment and treatment demonstration videos will be shared with all participants via email.
- Prior to the course launch on **October 17, 2026**, the instructor will provide login credentials and access instructions to all participants by email.
- Certificates of completion for participants (PDF).

About the Instructor

Eric Purves, MSc, RMT, is a registered massage therapist, educator and researcher based in Victoria, BC, Canada. His clinical and educational focus is on the application of research evidence to inform best practices for the treatment and management of chronic pain and musculoskeletal concerns. He was a faculty member with Pain BC between 2016-2022 where he created and taught courses on chronic pain management. Eric runs his own online and in-person continuing education company where he teaches massage and manual therapists across the world.

Eric earned his Master's degree in Rehabilitation Science from the University of British Columbia in 2019. His graduate work focused on the role of RMTs in the healthcare system and how to use evidence-based strategies to enhance the utilization of research evidence in curriculum development and education delivery.

Eric founded the Centre for Evidence-Based Education Inc. to support evidence-based clinical reasoning and to provide resources for learning. His website contains free resources such as podcasts, videos, research articles and blogs. <https://thecebe.com>



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Member Non-Member Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: Cheque Money order E-transfer Email: anbmt@anbmt.ca

Credit Card **Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.*

***No refunds will be issued after the registration deadline has passed.**