A Pain Neuroscience Approach to Manual Therapy
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Course Description:
This presentation will discuss a modern view of how Manual Therapy might work by outlining its use in a Pain Neuroscience Education (PNE) approach to patient management.

Learning Objectives:

- A brief history of manual therapy within the PT profession
- A review of current Pain Neuroscience Education (PNE) and its role in the management of chronic musculoskeletal pain
- Understand how manual therapy can work within a PNE approach to patient management
- Appreciate the importance of engaging the brain (top down effects) in any manual therapy (bottom up effects) interventions
- How manual therapy may be seen as sensory discrimination and homuncular refreshment activities

References:


Puentedura EJ, Cleland JA, Landers MR, Mintken P, Louw A, Fernandez-de-las-Penas C. Development of a clinical prediction rule to identify patients with neck pain likely to benefit from thrust joint manipulation to the cervical spine. JOSPT 2012; 42(7):577-592


