

SPEAKERS

- 8:00 – 8:15 Welcome; Purpose of Seminar – Derrick Sueki, PT, DPT, PhD
- 8:15 – 9:00 Current and Future Perspectives on Physical Therapeutic Pain Management – Adriaan Louw, PT, PhD
Course Description: The pain and opioid epidemic has catapulted physical therapy to the forefront of pain management. Are we ready? Are we equipped? What does the future hold for physical therapy when it comes to pain management? This keynote address will “take us back to the future” by revisiting our history of examining and treating people in pain as physical therapists, providing a timeline to the current exciting realm of pain neuroscience, neuroplasticity, therapeutic alliance, etc. Furthermore, a peek into the future will explore emerging concepts in pain management including virtual and augmented reality, telehealth, pain phenotypes and more. The current pain and opioid epidemic, healthcare cost and patient frustrations with healthcare may be the perfect storm for physical therapy to take its rightful place in providing evidence-based, non-pharmacological, easy-accessible and affordable personalized care.
Course Objectives / Learning Objectives:
At the conclusion of the program, the participant will be able to:
1. Recognize the current pain and opioid epidemic
2. Develop an understanding of physical therapy’s position in the current epidemic
3. Recognize new frontiers in pain management including physical therapy’s role

The Science of Pain

- 9:00 – 9:20 Opioids and PT: National and State Legislative and Regulatory Activities – James Syms, PT, DSc
Course Description: This presentation will update the attendee as to the current legislative and regulatory activities occurring at the federal and state level.
Course Objectives / Learning Objectives:
At the conclusion of the program, the participant will be able to:
1. Identify past and present federal legislative and regulatory activities dealing with the current opioid crisis in the United States
2. Identify past and present state (California) legislative and regulatory activities dealing with the current opioid crisis in California.
3. Understand the importance as a health care professional to participate in the governance process to be able to affect health policy decisions made by legislators and regulators.
- 9:20 – 9:50 Are there new insights into the science of pain? – Steve Schmidt, PT, MPhysio
Course Description: This symposium will provide participants with a broad perspective on a variety of pain-related topics. But what are new, emerging conceptualizations related to the science of pain? Is it time for another paradigm shift? This session will discuss current developments in pain science as well as challenges in managing the monumental pain crisis including glia and neuroimmune events, pain phenotypes and individualized care, endogenous analgesia, and placebo/nocebo phenomena.
Course Objectives / Learning Objectives:
At the conclusion of the program, the participant will be able to:
1. Describe and discuss hot topics in contemporary pain science research
2. Consider how to apply concepts in to current practice settings
- 9:50 – 10:20 Getting the MIND to MOVEMENT – Skulpan Asavasopon, PT, DPT, PhD

Course Description: This session will introduce an integrated mental and physical approach that will reinterpret the science of pain and discuss how physical therapists can more effectively address chronic pain and suffering through a novel Pain Edutreatment Framework. Attendees will learn effective methods to connect with their patients, redirect ineffective mental and physical and behaviors, and reinforce healthier mind and movement behaviors to reverse the pain chronification process. Content will be based evidence grounded in neuroscience, biomechanics, and psychological sciences.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Describe the 6 scientifically based mental processes to help reverse the chronification of pain for the patient and help reduce burnout for the provider
2. Describe how a movement-centric approach can prevent and reverse the chronification of pain
3. Follow a structured and organized approach based on the integration of mindfulness and a movement science

10:20 – 10:40 Panel Discussion and Questions

10:40 – 10:50 Break

The Assessment of Pain

10:50 – 11:10 Are all pains alike? Classifying pain - what's new and how do we use it – Derrick Sueki, PT, DPT, PhD

Course Description: To be provided.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. TBD
2. TBD
3. TBD

11:10 – 11:50 How does pain, respiration and posture impact voluntary movement? – Clare Frank, PT, DPT

Course Description: To be provided.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Describe ideal respiration & postural stabilization from a developmental perspective.
2. Demonstrate an understanding of the dual function of the diaphragm in respiration and postural stability.
3. Demonstrate the importance of intra-abdominal pressure regulation for postural stability.

11:50 – 12:20 Pain, body image and motor imagery following breast cancer treatment – Ben Boyd, PT, DPTSc

Course Description: Women who have completed breast cancer (BrCA) treatment frequently experience significant, ongoing pain in the chest and upper limb and often have changes in body image. Many of these impairments linger long after the completion of treatment. Previous studies of patients with various pain conditions have demonstrated altered ability to perform limb laterality recognition during a left/right judgement task (LRJT). Currently, there is no testing paradigm for LRJT of the chest region. It is unclear if women, who have undergone breast cancer treatment, have impairments in LRJT performance or whether pain, fear and altered body image affect said performance. We have successfully developed a chest LRJT testing method and

report on normative results in comparison to those in women after BrCA treatment. In addition, we present findings on the relationship between pain, fear, body image and LRJT performance in women post BrCA treatments.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Describe the potential mechanisms for how people perform LRJT for the chest region.
2. Identify normal and impaired responses to LRJT for the chest region.
3. Discuss potential factors associated with LRJT performance in women post BrCA treatment.

12:20 – 12:50 The challenge and necessity of quantitative sensory testing for pain risk and recovery – Katrina Maluf, PT, PhD

Course Description: Quantitative sensory testing (QST) provides an objective measure of pain sensitivity that can supplement traditional pain intensity ratings for patients with a variety of musculoskeletal pain conditions. This presentation will summarize emerging methods of quantitative sensory testing (QST) that can be used by physical therapists to assess the risk of and recovery from musculoskeletal pain. Clinical applications of QST to assist with clinical decision making will be highlighted.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Distinguish between static and dynamic quantitative sensory tests
2. Discuss valid, reliable, and clinically feasible methods of quantitative sensory testing (QST) for patients with musculoskeletal pain
3. Interpret QST results to assist with clinical decision making for PT evaluation, prognosis, and goal setting

12:50 – 1:10 Panel Discussion and Questions

1:10 – 1:20 Lunch provided – pick up lunch and return for presentation

1:20 – 2:00 What's going on in Adriaan's brain – Topics that Adriaan is currently interested in – Adriaan Louw, PT, PhD

Workshop 1

(Participants can choose two and we will rotate sessions halfway through)

2:00 – 3:30

- Breakout session 1 Quantitative sensory testing workshop – How high is your pain threshold? – Katrina Maluf, PT, PhD
- Breakout session 2 Neural mobilization reconsidered – Ben Boyd, PT, DPTSc
- Breakout session 3 Pain, Respiration & Postural stability – Clare Frank, PT, DPT
- Breakout session 4 Pain and education – Adriaan Louw, PT, DPT, PhD
- Breakout session 5 How to get the MIND to MOVEMENT – Skulpan Asavasopon, PT, DPT, PhD

3:30 – 3:40 Break

Special Pain Populations

3:40 – 4:10 Pain and pelvic health – Dan Kirages, PT, DPT

Course Description: To Understanding pelvic pain and the proposed mechanisms behind it. We are attempting to identify biomarkers to assist in stratification of those with pelvic pain to improve our ability to target successful intervention.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Discuss the current concepts regarding proposed mechanisms behind pelvic pain
2. Devise a plan for examination and intervention strategies for patients experiencing pelvic pain

4:10 – 4:40

Pain in the elderly – Boyd Etter, PT, DPT

Course Description: To be provided.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. TBD
2. TBD

4:40 – 5:10

Pain and oncology – Rachel Tran, PT, DPT

Course Description: Pain is one of the most common symptoms of cancer treatment. The chronicity of most cancer diagnoses and large influences of anxiety and fatigue can make cancer related pain difficult to overcome. This course will discuss specific cancer diagnoses and treatments that commonly result in pain and the physiology of pain that is unique to cancer related pain. In this course we will review assessment tools and intervention techniques that have been shown to be efficacious in the treatment of cancer related pain. We will also identify the key individuals that should be included in your multi-disciplinary team to successfully treat pain.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Identify common types of cancer that are associated with or commonly result in chronic pain.
2. Discuss the physiology behind pain and chronic pain in patients with cancer as well as barriers to overcoming pain.
3. Describe interventions and evaluation techniques that have been shown to be efficacious in the treatment of cancer related pain.

5:10 – 5:40

Pain in children – Kim Clarno, PT, DPT

Course Description: Historically, infants and children have been undertreated for their pain. Not long ago, medical professionals believed that infants didn't feel pain, and that children only needed treatment for physical illness and injury. More recently, consideration of biopsychosocial influences on children's perception of pain have come to our attention, and the diagnosis of pain in children has been established. There is an emerging gold standard of multi-modal treatment for chronic pain in children. Learn when children are vulnerable to problems with pain, factors that influence perception of pain, and how we as physical therapists can help.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Understand unique characteristics of pain in pediatrics
2. Be able to apply principles of current pain science to treatment of pediatric patients
3. Be able to implement a multi-modal physical therapy program for pediatric chronic pain

5:40 – 6:00 Panel Discussion and Questions

SUNDAY, APRIL 26, 2020

7:50 – 8:00 Opening Remarks questions – Derrick Sueki, PT, DPT, PhD

Workshop 2

(Participants can choose two and we will rotate sessions halfway through)

8:00 – 9:30

- Breakout session 1 Management of pelvic pain – Dan Kirages, PT, DPT
- Breakout session 2 Treating Children in Pain – Kim Clarno, PT, DPT
- Breakout session 3 Managing oncological pain – Rachel Tran, PT, DPT
- Breakout session 4 Treating pain in elders – Boyd Etter, PT, DPT

9:30 – 9:40 Break

The Management of Pain

9:40 – 10:10 Cultivating awareness, openness, and engagement with mind-body interventions – Nick Karayannis, PT, MPT, PhD

Course Description: To Participants will evaluate the quality of evidence for mind-body interventions (MBIs) for people living with chronic pain. The three MBIs of focus will include Mindfulness-Based Stress Reduction (MBSR), yoga, and Tai Chi/Qigong. We will further analyze the underlying neural and psychological processes that may elucidate why these resting-based and movement-based practices may hold therapeutic benefit for this patient population. Participants will discuss the skillset of a mindful therapist aligned with the delivery of effectively guided MBIs. We will conclude by appraising future directions of MBI research, i.e., “what we need to know” in order to improve patient health outcomes and healthcare delivery.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Review evidence of three predominant movement-informed MBIs for the treatment of chronic pain: Mindfulness-Based Stress Reduction, yoga, and Tai Chi/Qigong.
2. Classify key neural and psychological processes that help to explain the outcomes of these forms of MBIs
3. Appraise the future directions of MBI research – i.e., “what we need to know” in order to improve patient health and healthcare delivery

10:10 – 10:40 Untamed memories - pain, memory, and associatively learned patterns – Derrick Sueki, PT, DPT, PhD

Course Description: To be provided.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. TBD
2. TBD

10:40 – 11:10 What a PT should know about pain and the use of cannabis – Brad Stockert, PT, PhD

Course Description: To This course will describe the endogenous cannabinoid system [ECS] which includes cannabinoid receptors, endogenous ligands and the proteins responsible for the synthesis, reuptake and degradation of the ligands. Components of the ECS have been found in the brain, autonomic nervous system,

immune system, and multiple other tissues. The ECS appears to have a role in the regulation/control of appetite, feeding, memory, mood, movement, blood pressure, stress, nausea, emesis, inflammation and pain. There are two known receptors in the ECS: CB1 and CB2. The CB1 receptors are found in GABAergic neurons in the central and autonomic nervous systems. The distribution of CB1 receptors appears to be related to their ability to induce **analgesia**. CB2 receptors are found in lymphoid organs and cells. The role of CB2 receptors as **anti-inflammatory mediators** is related to their ability to inhibit the release of pro-inflammatory cytokines and inhibit immune cell migration.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Describe major components and known functions of the endocannabinoid system.
2. Discuss the evidence that cannabinoids are effective analgesics for acute pain.
3. Discuss the evidence that cannabinoids are effective analgesics for chronic pain
4. Describe the most common adverse events associated with the use of cannabinoids.

11:10 – 11:40 Sleep and pain: Don't give up on your dreams – Steve Schmidt, PT, MPhysio

Course Description: Disrupted sleep is a common problem associated with pain; however, new research suggests sleep and pain have a bidirectional relationship. This session will equip the participant to be familiar with sleep terminology, how to recognize the interrelationship between sleep and pain, and how to apply components of a sleep hygiene program to help patients get better zzzz's.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Understand the interrelationship between pain and sleep
2. Be able to describe components of a sleep hygiene program and be familiar with resources to improve sleep

11:40 – 12:10 How to use nutrition to target central sensitization – Joseph Tatta, PT, DPT

Course Description: To An improved understanding of the mechanisms behind chronic pain, including central sensitization, now offer new possibilities for innovative and multimodal therapeutic strategies. The food we eat impacts every system of the body and affects many conditions treated by physical therapists, including persistent pain. Recent meta-analyses have confirmed that optimizing diet and nutrition can result in significant pain relief and improved physical function. Increased attention is being paid to diet and nutritional factors combined with physical therapy. This lecture will provide the physical therapist with an overview of how nutrition can positively and negatively impact pain, the nutritional biochemistry and associated mechanisms related to central sensitization, and how to navigate the physical therapists scope of practice with regard to implementing nutrition education and counselling into clinical practice.

Course Objectives / Learning Objectives:

At the conclusion of the program, the participant will be able to:

1. Explain how nutrition impacts pain
2. Identify nutritional mechanisms of central sensitization
3. Describe 3 ways poor nutrition contributes to central sensitization

12:10 – 12:30 Panel Discussion and Questions

12:30 – 12:40 Lunch provided – pick up lunch and return for presentation

12:40 – 1:15 A first look at the new Clinical Practice Guidelines for education as an Intervention for Individuals with Musculoskeletal Pain – Derrick Sueki, PT, DPT, PhD

Workshop 3

(Participants can choose two and we will rotate sessions halfway through)

1:15 – 2:45

- Breakout session 1 Lifestyle modifications including nutrition for pain reduction – Joseph Tatta, PT, DPT
- Breakout session 2 Searching for the real me: Exploring sensory training to re-map body representations – Steve Schmidt, PT, MPhysio
- Breakout session 3 Mindfulness training – Nick Karayannis, PT, MPT, PhD
- Breakout session 4 Using the autonomic nervous system to change pain perception – Derrick Sueki, PT, DPT, PhD

2:45 – 2:55 Panel questions and answers

2:55 – 3:10 Closing remarks – Nancy Byl, PT, MPH, PhD, FAPTA, President, CAL-PT-FUND