Course Name: Musculoskeletal Pain: From Science to Stratified Care

Date & Time: Saturday, March 28, 2015
1:00 PM – 5:00 PM

Presenter: Jason M. Beneciuk, PT, PhD, MPH and Steven Z. George, PT, PhD

Course Description

The biopsychosocial model is currently the paradigm from which all health care professionals are expected to manage patients with musculoskeletal conditions. Physical therapists are now expected to recognize pain associated psychosocial distress (i.e. yellow flags) and to modify their treatment approach accordingly. However, a gap exists between learning how to identify pain associated psychosocial distress in patients, and being competent to apply treatment required to effectively manage these patients. Physical therapists will need to embrace this psychosocial component by providing the opportunity for: 1) training in psychological informed physical therapy practice principles and 2) refinement of psychological informed treatment approaches to decrease the likelihood patients will experience continued disability due to musculoskeletal pain. This half day course provides a condensed summary of pain neuroscience and the implications of variability in pain experiences to provide a theoretical framework for implementing psychological informed practice principles for management of patients with musculoskeletal pain. In addition a prognostic risk stratified care approach for patients with low back pain is described that has shown to be promising when initially implemented in primary care settings, however has yet to be thoroughly evaluated in physical therapy settings. The main components of the course include theory, clinical application, and discussion about barriers to implementation. Participant feedback will be used to highlight the strengths and limitations of this abbreviated course, allowing for modification for dissemination to future physical therapy audiences.
Course Objectives

- Summarize relationships between pain neuroscience, pain models, and the development and maintenance of chronic musculoskeletal pain
- Begin to implement psychologically informed physical therapy practice principles for patients with musculoskeletal pain
- Identify patients at high risk for transitioning from acute to chronic LBP
- Begin to apply targeted treatment for patients at high risk for transitioning from acute to chronic LBP

Speaker Bio

Jason Beneciuk, PT, PhD, MPH received his Doctor of Physical Therapy degree from the University of St. Augustine for Health Sciences in 2002 where he also completed an Orthopaedic Manual Physical Therapy Fellowship in 2006. He graduated from the University of Florida in 2011 with a PhD in Rehabilitation Science and Master of Public Health (MPH) with an epidemiology concentration, where he was supported by a National Institutes of Health T32 pre-doctoral fellowship. Dr. Beneciuk currently has a joint position with the University of Florida in the Department of Physical Therapy and Brooks Rehabilitation as a research assistant professor. He is an investigator as part of the newly developed Brooks Rehabilitation – University of Florida, College of Public Health and Health Professions Research Collaboration. He also serves as a faculty member in the Brooks Institute of Higher Learning where his primary responsibilities are as a scholarly mentor for residents and OMPT fellows-in-training. His research has primarily focused on psychosocial screening and risk stratification to improve secondary prevention of low back pain in physical therapy settings. Dr. Beneciuk is currently a K12 scholar in the Rehabilitation Research Career Development Program.

Steven George, PT, PhD is an Associate Professor in the Department of Physical Therapy. Dr. George also serves as the Director for the Doctor of Physical Therapy Program and the Brooks-PHHP Research Collaboration. Dr. George received his Bachelor of Science from West Virginia University in 1994 and Master of Science and Doctor of Philosophy from University of Pittsburgh in 1997 and 2002. His primary research interests involve the utilization of biopsychosocial models for the prevention and treatment of chronic musculoskeletal pain. Dr. George’s research projects have been supported by awards from the National Institutes of Health, Department of Defense, Orthopaedic Section of the American Physical Therapy Association, University of Florida, and Foundation for Physical Therapy. Dr. George’s current research projects include: 1) Developing and testing behavioral interventions for patients with low back pain; 2) Investigating the interaction between pain related genetic and psychological factors in the development of post-operative chronic shoulder pain; and 3) Investigating the mechanisms and efficacy of manual therapy for experimental pain sensitivity. With doctoral students and collaborators, Dr. George
has authored over 150 peer-reviewed publications in physical therapy, rehabilitation, orthopedic, and pain research journals. He currently serves as an Editorial Board Member for Physical Therapy and an International Editorial Review Board Member for Journal of Orthopaedic & Sports Physical Therapy. Finally, Dr. George has been an invited speaker at many national and international conferences and recognized with prestigious early career research awards from the American Physical Therapy Association, American Pain Society, and International Association for the Study of Pain.