



A World of Hurt: Central Nervous System Pain Mechanisms, Patient Education & Exercise Prescriptions

WHO SHOULD ATTEND: Physical and Occupational Therapists, Chiropractors, Osteopaths, Physical Therapist Assistants, Occupational Therapy Assistants, Medical Doctors, Psychologists, Athletic Trainers, Massage Therapists, Acupuncturists and Personal Trainers.

COURSE DESCRIPTION: This two-day course focuses on information critical to the assessment and treatment of patients dominated by Central Nervous System (CNS) Pain Mechanisms. The course teaches how to classify CNS pain mechanisms into Central Sensitivity, Affective and Motor / Autonomic. Incorporating the scientific literature and strategies for when to utilize Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing (MI) approaches. This course will highlight specific interventions of patient pain science education approaches, specific gradual exposure functional exercise prescriptions and CNS sensorimotor retraining. Outlining principles from Chapter Six Central Sensitivity, Seven Affective & Eight Motor / Autonomic of "A World of Hurt: A Guide to Classifying Pain", pain clinicians will learn how to assess and classify CNS pain mechanisms utilizing subjective / objective characteristics, psychometric measures, outcome measures, CNS sensory and motor evaluations. This course will present a patient readiness questionnaire, MI, ACT, and CBT strategies for each CNS pain mechanism. Video, paper cases and live patient demonstrations (when available) will assist the application of pain classification principles by understanding the importance of the "words" and "moves" necessary to reverse CNS pain mechanisms.

**November 17-18,
2018**

**Annie O'Connor, PT,
OCS, Cert. MDT**

**Melissa Watson,
MSPT, Cert. MDT**

14 CEU's

FYZICAL – NAPERVILLE

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Naperville, IL 60563

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Agenda

Saturday, November 17th

- 8:00 **Registration/Continental Breakfast**
- 8:30 Lecture: Risk Assessment for Musculoskeletal Pain: A Collaboration of Classification Systems - Introduce Yellow Flag Risk Form [WoH: pg 258]
- 9:15 Lecture: You Don't Get Pain without a Brain
- 10:00 **Break**
- 10:15 Lecture: Central Nervous System (CNS) Subgroups Subjective and Objective Characteristics [WoH: pg 222-223]
- 11:15 Psychometric Testing/Scoring Workshop: FABQ [WoH: pg 198-199], PASS [WoH: pg 257], PHQ-9 [WoH: pg 257], Readiness Questionnaire [WoH: pg 44-49]
- 12:00 **Lunch Break**
- 1:00 Words Workshop: Patient Pain Education using the Yellow Flag Risk Form: Individual to Group Model [WoH: pg ix], Documentation Guidelines and Goal Recommendations; Assessing patient motivation and learning.
- 3:00 **Break**
- 3:15 Video/Paper Case Studies or Live Patient Demonstration: Central Sensitivity
- 4:15 Video/Paper Case Studies or Live Patient Demonstration: Affective Pain Mechanism
- 5:15 Questions / Answers / Case Discussion
- 5:30 **Adjourn**

Sunday, November 18th

- 7:30 **Continental Breakfast**
- 8:00 Lecture: Affective Pain Mechanism; [WoH pg. 237 – 282]
- 9:00 Lecture: Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance Commitment Therapy (ACT)
- 10:00 **Break**
- 10:15 Work Shop: Set the Scene and Act the Part: Observe and actively participate in live demonstrations of role playing clinician and patient scenarios; how to use your words to motivate, direct treatment, and guide the patient to take the lead in their care.
- 12:00 **Lunch Break**
- 1:00 Video/Paper Case studies: CNS Motor/Autonomic
- 2:00 Lecture: CNS Mechanisms Patient Education and Active Care Intervention [WoH: pg 236]
- 2:30 Lecture: CNS Sensory and Motor Evaluation Objective Tests [WoH pg 328-335]
- 3:00 **Break**
- 3:15 Workshop: CNS Sensory and Motor Patient Video Demonstration: Actively practice sensory and motor tests including CNS left/right discrimination in both the spine and extremities
- 4:30 Questions / Answers
- 4:45 **Adjourn**

Course Fee	
<u>Before</u> August 30 th	\$425.00
<u>After</u> August 30 th	\$500.00
Payment Information	
Checks Made Payable To:	
FYZICAL – Naperville 1240 Iroquois Ave, Suite 400 Naperville, IL 60563	
Credit Card Information:	
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