

Session 3: Life Beyond Pain: Case studies and success stories!

Course Instructor: Joseph Tatta, PT, DPT, CNS

Course Instructor Background:

Dr. Tatta is Founder of the Integrative Pain Science Institute, a doctor of physical therapy, an orthopedic certified specialist, and a board-certified nutrition specialist.

Throughout his career he has worked in every aspect of pain care, starting in adult rehabilitation, but spending the majority of his 22 years in outpatient practice. He founded and managed a multi-clinic physical therapy and integrative wellness center that helped thousands of patients and trained hundreds of practitioners. He learned what was missing from modern pain practice and deepened his commitment to reversing the pain epidemic.

In addition, Dr. Tatta is author of the #1 bestselling book, *Heal Your Pain Now* and host of The Healing Pain podcast, which features interviews with respected pain experts from around the world. Dr. Tatta led the 2017 task force for the American Physical Therapy Association that expanded nutrition as the professional scope for physical therapists. Learn more by visiting <http://www.integrativepainscienceinstitute.com>

Time Block: 1 hour

Session Format: Discussion, Lecture/PowerPoint Presentation
50 Minute Presentation/10 Minute Q & A

Session Description:

Chronic pain is one of the most common conditions seen in the clinic, and it is often one of the most frustrating for both clinicians and patients. This condition stems from common comorbidities, including mood disorders, stress, insomnia, physical deconditioning, obesity and autoimmunity. In addition, chronic pain has had divergent approaches for treatment, including an overemphasis on analgesia and curative treatments while underemphasizing the biopsychosocial needs of those in pain. This program utilizes patient case study for approaching those in pain and initiating patient-centered options to support improvements in pain, function, and self-care.

Session Objectives:

After completing this session, attendees will be able to:

1. Identify 3 evidence-based non-pharmacologic interventions for chronic pain.
2. Develop a plan of care for 3 chronic pain syndromes.
3. Use a systems biology and patient-centered approach in the treatment of chronic pain.

Session Outline: (10 minutes each)

Each case will include

- ✓ Age and gender
- ✓ HPI
- ✓ PMH/PSH
- ✓ Imaging/labs
- ✓ Medications
- ✓ Social status
- ✓ Functional status
- ✓ Intervention(s)
- ✓ Frequency and duration
- ✓ Outcome
- ✓ Cite evidence

Case #1 Chronic Low Back Pain

- Manual therapy
- TENS
- Physical therapy
- DC with walking program, spinal exercise/stabilization program
- *Successful opioid taper
- Outcomes reported

Case #2 Rheumatoid Arthritis

- Mediterranean style diet
- Mediterranean diet pyramid
- Exercise program
- DC with weight loss, <joint swelling, improved function
- Outcomes reported

Case #3 Right Knee Osteoarthritis

- A short course of physical therapy
- Pain science education
- Yoga
- DC with no pain, full return to function
- Outcomes reported

Case #4 Fibromyalgia

- Mindfulness-based Stress Reduction
- Mediterranean diet
- Walking and gentle yoga program
- Medication discussion and tapering of Flexural, nafazadone, klonopin, requip
- Outcomes reported