

Continuing Education for *Healthcare Professionals*



COURSE DESCRIPTION:

This unique course provides a framework for your clinical practice to assess and treat central pain mechanism. Learn practical applications and exercise design to address central and peripheral components of pain. This course will give you a way to design a custom program for your patient using best evidence and clinical skill.

LEARNING OUTCOMES:

- Define central sensitization and how to clinically assess for central contribution to chronic pain.
- Understand a new framework for treating persistent pain that expands on your current clinical skills (from new grad to seasoned clinician)
- Explain how to incorporate pain biology education in to your practice using accurate language and metaphors
- Demonstrate treatment techniques that specifically target the nervous system to decrease pain.
- Explain how to design a treatment program that is well balanced for peripheral and central contributors to persistent pain.

CONTENT FOCUS:

Domain of OT: Client Factors

Occupational Therapy Process: Intervention and Outcomes

CEUs: 1.4 (Contact Hours: 14 hours)

PRICE: \$500 (before/on 8/15) / \$550 (after 8/15)

PROGRAM NUMBER: 10114

LEVEL: Introductory

AUDIENCE:
 OT, OTA, PT, PTA



Treating Pelvic Pain

INSTRUCTOR:

Sandy Hilton, PT, DPT, MS, graduated from Pacific University (Oregon) in 1988 with a Master of Science in Physical Therapy and a Doctor of Physical Therapy degree from Des Moines University in December 2013. She has worked in multiple settings across the US with neurologic and orthopaedic emphasis combining these with a focus in pelvic rehabilitation for pain and dysfunction since 1995. Sandy teaches Health Professionals and Community Education classes on returning to function following back and pelvic pain, assisted with Myofascial Release education, and co-teaches Advanced Level Male Pelvic Floor Evaluation and Treatment. Sandy's clinical interest is chronic pain with a particular interest in complex pelvic pain disorders for men and women. Sandy is also pursuing opportunities for collaboration in research into the clinical treatment of pelvic pain conditions. Sandy brings science and common sense together beautifully to help people learn to help themselves.



DATE: Friday, September 15 to Saturday, September 16, 2017

8:00 a.m. to 5:00 p.m. Friday and 8:00 a.m. to 4:00 p.m. Saturday

LOCATION: UW-Milwaukee Continuing Education Plankinton Building, 7th Floor
 161 West Wisconsin Avenue, Milwaukee, WI 53203

QUESTIONS? CONTACT US