COURSE DATE: October 18th – 19th, 2019

TITLE: Clinical Applications of Pain Science for Manual and Movement Therapists

DESCRIPTION: This two day course will focus on re-conceptualizing pain and manual therapy and their roles in musculoskeletal healthcare. The focus will be on how to use manual and movement techniques in a manner that is consistent with the evidence and theories of how biopsychosocial factors can impact pain and its related disability. The course provides the opportunity to learn how modifications of traditional manual and movement therapy practices can improve patient outcomes. The course aims to decrease practitioner stress and increase confidence when working with routine and complex patients. Instructors will thoroughly discuss the science of pain and how to incorporate effective therapeutic pain management approaches into your daily practice. The course will challenge many misconceptions about pain and manual therapy as we learn the basics of utilizing a biopsychosocial framework in musculoskeletal practice.

Traditional manual and physical therapy beliefs will be challenged throughout the course to provide attendees an understanding of how a biopsychosocial approach is often more beneficial than a pathoanatomical one. Lecture, discussion, observation, practical applications and small group work will be used to emphasize key learning objectives.

OUTCOMES:
- Describe the ways in which pain has more to do with sensitivity than damage
- Tissue health and biomechanics become less important the longer someone experiences pain.
- Identify the importance of forming a therapeutic relationship through patient interaction and contextual effects
- Describe how existing manual and practical skills can be effectively modified to improve patient outcomes
- Follow new evidence-based frameworks on persistent pain to enhance ones practice, improve patient outcomes, and decrease practitioner stress
- Demonstrate an understanding of pain self-management to improve their ability to teach pain self-management to their clients.
- Summarize pain science research to outline more effective ways to interact and treat patients with chronic pain.

INSTRUCTOR(S): Eric Purves, RMT and Sarah Haag, PT, DPT, WCS

Eric Purves, RMT is a registered massage therapist, based in Victoria, BC Canada. In 2010, he opened Achieve Health, a multidisciplinary healthcare clinic which offers services across five different health care professions; massage therapy, chiropractic, physiotherapy, and acupuncture. Eric’s main area of clinical and rehabilitation interest is ‘Persistent Pain Management’. He is a faculty member with PainBC, where he teaches workshops for RMT’s on pain management. Eric has been invited to instruct pain management strategies for manual and movement therapists, at various events throughout Canada and the US. He also sits on the executive board of the professional association’s (RMTBC) professional practice group (PPG) in pain management; where the groups goal is to provide education, research and evidence based treatments for more effective pain management strategies in the manual and movement therapies.

Register Online: http://bit.ly/ce11416
Sarah Haag, PT, DPT, WCS, graduated from Marquette University in 2002 with a Master’s of Physical Therapy. Sarah has pursued an interest in treating the spine, pelvis with a specialization in women’s and men’s health. Over the past 10 years, Sarah has seized every opportunity available to her in order to further her understanding of the human body, and the various ways it can seem to fall apart in order to sympathetically and efficiently facilitate a return to optimal function. Sarah was awarded the Certificate of Achievement in Pelvic Physical Therapy (CAPP) from the Section on Women’s Health. She went on to get her Doctorate of Physical Therapy and Masters of Science in Women’s Health from Rosalind Franklin University in 2008. In 2009 she was awarded a Board Certification as a specialist in women’s health (WCS). Sarah also completed a Certification in Mechanical Diagnosis Therapy from the Mckenzie Institute in 2010. Sarah has completed a 200 hour Yoga Instructor Training Program, and is now a Registered Yoga Instructor. Sarah plans to integrate yoga into her rehabilitation programs, as well as teach small, personalized classes.

**LEVEL:** Introductory

**AUDIENCE:** PT’s, OT’s, PTA’s, OTA’s, AT’s, Massage Therapists

**AGENDA:**

**Day 1:**
- 9:00 AM Lecture - principles of pain science and rehabilitation protocols.
- 10:00 AM Nociception, neurophysiology review, societal and healthcare burden of pain and musculoskeletal conditions.
- 11:00 AM Current research and its applications for clinical practice. Addressing common myths and beliefs
- 12:00 PM Lunch (on your own)
- 1:00 PM Lecture and lab - Assessment. Screening for red flags and contraindications to treatment. Determining primary mechanisms for pain complaints.
- 2:30 PM Lecture and group discussion - Research informed rehabilitation principles.
- 3:15 PM Adopting a new treatment framework. Acute, subacute and chronic applications for common musculoskeletal conditions
- 4:15 PM Maximizing contextual effects.
- 5:00 PM Adjourn

**Day 2:**
- 9:00 AM Day 1 review.
- 9:30 AM Determining clinical targets for treatment - Case studies
- 11:00 AM Lab – Clinical interview strategies. Case study and demo
- 12:30 PM Lunch (on your own)
- 1:30 PM Lab- hands on – assessments, treatments, exercises and rehabilitation for common musculoskeletal problems. Case studies and practical applications.
- 3:00 PM Lecture and lab – hands on – putting it all together. How to use the research for designing treatment plans for acute and chronic problems. Group collaboration, discussion and demonstrations using case studies.
- 5:00 PM Adjourn

Domain of OT: Client Factors

Occupational Therapy Process: Intervention and Outcomes

COURSE #: 11416

PRICE:  Early Price $525 (On or Before 9/18/2019), Standard Price $575 (After 9/18/2019)

CEU's / CLOCK HOURS:  1.4 CEU’s (14 Clock Hours)

LOCATION:

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

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