

[Register Online: http://bit.ly/CE13484](http://bit.ly/CE13484)

COURSE DATE: May 14th – 15th, 2021

TITLE: Clinical Pain Science for The Low Back, Pelvis, and Hip

DESCRIPTION: This 2-day course will focus on how to use an evidence-based framework to achieve better outcomes in the treatment of the low back, pelvis and hips for manual and movement therapists. An understanding of current pain science and biopsychosocial principles will be learned and applied to help participants re-conceptualize pain and inform their clinical decision making. Participants will learn how to adapt their current practice and be more comfortable in their communication and application of manual therapy techniques, therapeutic movement and exercises using current principles of the pain sciences.

This course provides the opportunity to learn how manual therapy, movement modification and therapeutic exercises can be implemented to improve patient outcomes. General and specific movement and exercise interventions will be learned and practiced.

COURSE DELIVERY: Lecture, discussion, observation, practical exercises with case studies in partners and small groups will be used to emphasize key learning objectives.

OUTCOMES:

- Understanding of current evidence-based frameworks on persistent pain to enhance practice, improve outcomes, and decrease practitioner stress
- Distinguishing between tissue health, biomechanics and psychosocial factors and their role in pain, exercise and rehabilitation.
- Applications of existing manual therapy and movement skills can be effectively modified to improve patient outcomes
- Increase utilization of exercise prescription for self-management and to improve participants abilities to teach self-management/exercise to their clients.
- Practicing key principles in forming a therapeutic relationship through client interaction and contextual effects

INSTRUCTOR: Eric Purves, RMT

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.

LEVEL: Introductory

AUDIENCE: PT's, OT's, PTA's, OTA's, AT's, Massage Therapists

TIME ORDERED AGENDA: *(Please allow for two 15-minute breaks and a lunch period)*

Day 1:

- 9:00 AM Intro, learning objectives and expectations
- 9:30 AM Principles of a science-based practice.
- 10:00 AM Neurophysiology review - nociception, pain mechanisms, neurotags
- 11:30 AM Developing a new narrative about pain
- 12:30 PM Lunch
- 1:30 PM Musculoskeletal myths and implications for practice (discussion)
- 2:30 PM Communicating strategies for people in pain – (lab)
- 3:30 PM Clinical practice guidelines for spinal pain. Reasoning and decision making for appropriate interventions (lab)
- 5:00 PM Adjourn

Day 2:

- 9:00 AM Review, questions
- 9:15 AM Clinical practice guidelines for pelvis pain. Reasoning and decision making for appropriate interventions (lab)
- 10:45 AM Clinical practice guidelines for hip pain. Reasoning and decision making for appropriate interventions (lab)
- 12:00 PM Lunch
- 1:00 PM Spinal, pelvic, hip case studies, manual therapy, movement and exercise/rehab (lab)
- 4:00 PM Putting it all together. Developing effective treatment plans using current best practice rehabilitation principles
- 5:00 PM Question & Answer; Adjourn

FOCUS: Domain of OT: Client Factors **Occupational Therapy Process:** Intervention and Outcomes

COURSE #: 2011-13484

PRICE: Early Price \$525 (On or Before 4/14/2021), Standard Price \$575 (After 4/14/2021)

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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