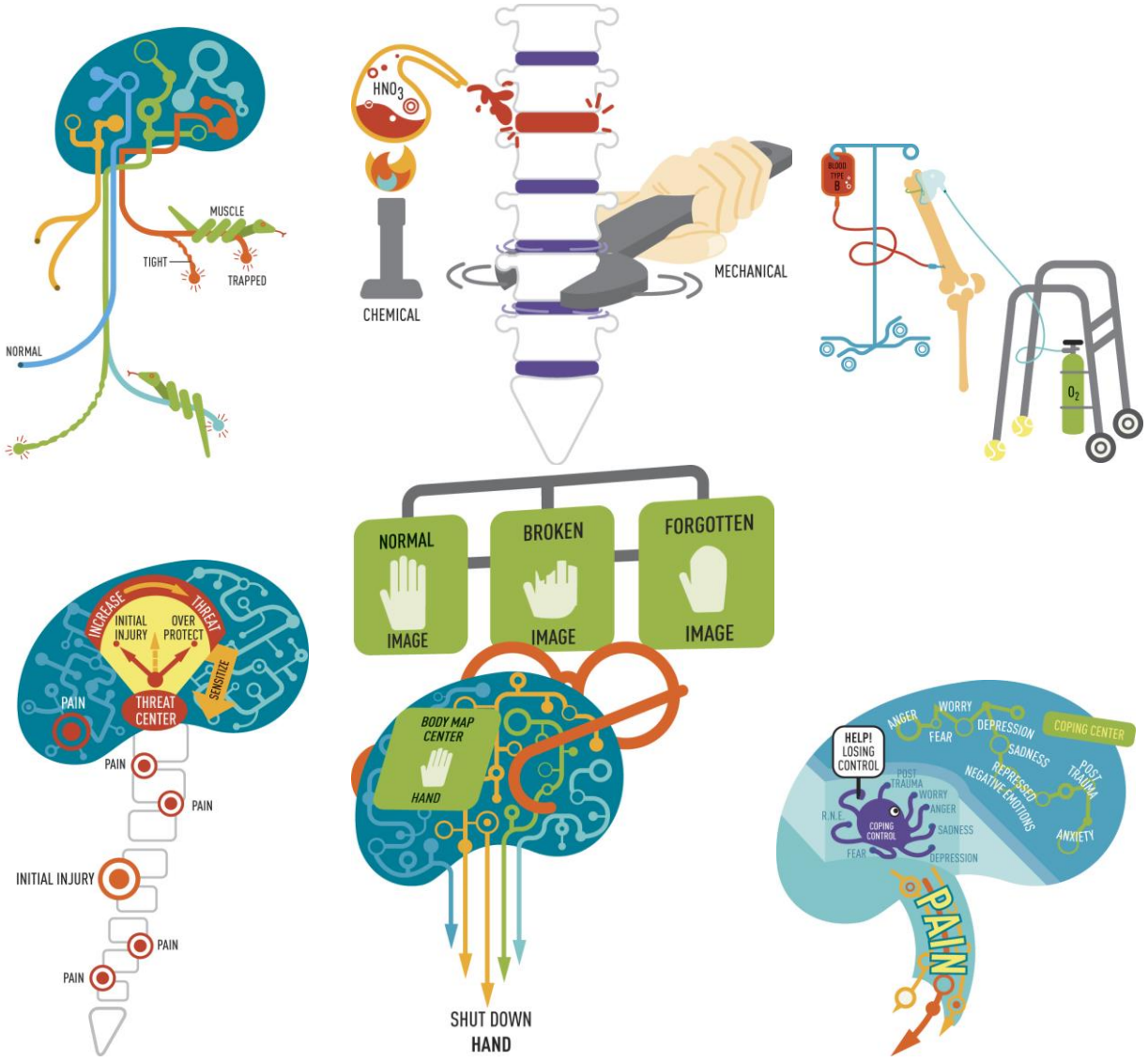

A World of Hurt: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions

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COURSE DESCRIPTION

This two-day course is critical to the assessment and treatment of patients dominated by Central Nervous System (CNS) Pain Mechanisms. The course will aid the sub grouping of CNS mechanisms into Central Sensitivity, Affective and Motor / Autonomic dominated mechanisms. Incorporating scientific literature for Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing (MI) approaches and when best utilized for each sub group. This course will present specific patient motivational education approaches, specific functional exercise prescriptions and CNS sensorimotor retraining. Outlining Chapter Six, Seven & Eight of *"A World of Hurt: A Guide to Classifying Pain"*, pain clinicians will learn how to assess and classify CNS pain mechanisms, Central Sensitization, Affective and Autonomic / Motor utilizing psychometric measures, outcome measures, CNS sensory and motor evaluations. This course will focus on the identification and specific interventions of patient education topics, patient readiness questionnaire, motivational interviewing tactics, and graded exposure functional return and sensorimotor retraining for each CNS dominated pain mechanism. Video, paper cases and live patient demonstrations to assist the importance regarding the "words" and "moves" necessary to reverse CNS pain mechanisms.

WHO SHOULD ATTEND

Physical and Occupational Therapists, Chiropractors, Osteopaths, Physical Therapist Assistants, Occupational Therapy Assistants, Medical Doctors, Psychologists, Athletic Trainers, Massage Therapists, Personal Trainers and any other practitioners who are involved in treating musculoskeletal pain.

COURSE OBJECTIVES

Upon completion of the course, participants will be able to apply the principles directly into their clinical practice:

At the conclusion of this course, participants should be able to:
1) Differentiate subjective and objective clinical characteristics in the CNS pain mechanisms including: central sensitization, affective and motor/autonomic.
2) Apply CNS pain mechanism classification principles.
3) Classify CNS dominant pain mechanism and prescribe individualized patient education and active care intervention to patients.
4) Administer, interpret, and use patient rated psychometric outcome measures in the education and active care provided to each patient.
5) Effectively communicate pain education within an individual and group model.
6) Effectively evaluate and treat motor/autonomic sensorimotor dysfunctions.

FACULTY

Course Instructors:

Annie O'Connor, PT, OCS, Cert. MDT, is Corporate Director of the Musculoskeletal Practice and Clinical Manager of the River Forest Spine and Sport Center at the Rehabilitation Institute of Chicago. Annie has co-authored the recent 2015 book "A World of Hurt: A Guide to Classifying Pain" and the recent September 2016 Journal Article in JMMT "Validation of a Pain Mechanism Classification System (PMCS) in Physical Therapy Practice." Both recent publications offer a research supported "paradigm shift" in

managing musculoskeletal and centrally dominated pain promoting effective and efficient outcomes with significant cost savings. She is an Orthopedic Clinical Specialist (OCS) of the American Physical Therapy Association and has a Certification in Mechanical Diagnosis and Therapy in the McKenzie Method. She lectures nationally and internationally on musculoskeletal pain classification and intervention, neurodynamic evaluation, and treatment, mechanical diagnosis and therapy of spine and extremities, kinetic chain evaluation, and functional manual therapy and exercise prescription for patients of all diagnosis and all levels of care. She was instrumental in establishing the allied health's clinical diagnostic approach for musculoskeletal pain at the Rehabilitation Institute of Chicago. She is a member of American Physical Therapy Association in the orthopedic section and canine special interest group, the North American Spine Society (NASS), and McKenzie Institute. She serves on the 10X25 tactile coalition task force to reduce spine related disability by 10% in year 2025 sponsored by the Spine Foundation, a national group of the NASS. She continues to treat orthopedic, neurological patients, and canines with musculoskeletal pain to help them achieve their best life possible.

Melissa Watson, MSPT, Cert. MDT received her Master's in Physical Therapy and her Bachelor's in Exercise Physiology from Ohio University. Melissa practices at the Rehabilitation Institute of Chicago with 14 years of clinical experience. Melissa has been helping to lead RIC's Clinical Ladder Program for over 8 years where she mentors other clinicians on their professional and clinical development. She is a certified clinical instructor and consistently mentors students in clinical practice. She is practicing clinically in the Day Rehabilitation setting with an interest in musculoskeletal pain and applying both MDT and pain classification principles within the neurological population for spasticity. She is currently leading a Day Rehab Pain Group Committee where she is mentoring other Day Rehab clinicians on running pain groups that are focusing on pain education and active care treatment for patients with centrally dominated pain throughout 7 sites of care and facilitating a standard for education through inpatient clinicians. She has certified in Mechanical Diagnosis and Treatment – McKenzie Method. She has been training the Pain Mechanism Classification System outlined in the book "A World of Hurt: A Guide to Classifying Pain" for last 3 years and uses both sub grouping methods exclusively in her neurological clinical practice to guide patient education and exercise prescription to facilitate optimal functional return.

Disclosures

Financial:
The presenters Annie O'Connor and Melissa Watson will receive an honorarium and expenses for teaching this course.

Nonfinancial:
Annie O'Connor and Melissa Watson have no relevant financial relationships.

Course Book: "**A World of Hurt: A Guide to Classifying Pain" Participant Discount US 50.00$**

References:

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AGENDA

Saturday

8:00 am	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**
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

7:30 am 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

1:00 Video/Paper Case studies or Live Patient Demonstration: 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