

# Explain Pain

David Butler & Neuro Orthopaedic Institute (Australia)

December 1 & 2, 2012

Elkridge, MD

This course is based on **David Butler** and **Lorimer Moseley's** book 'Explain Pain'. The presenters will help you understand how the pain system works when there are injured tissues and nerves and what happens in the brain in relation to pain experiences. You will also hear about the impact of stress in relation to pain. The seminar is delivered in a way in which any professional working with patients or clients in pain (eg. physical therapists, occupational therapists, doctors, psychologists, rehabilitation counselors) can utilize.

Neuroscience can be fun. You'll be introduced to the newest knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems can be critical in pain experiences.

The provision of pain knowledge to patients is an effective evidence based treatment tool. Patients can understand far more than most health professionals realize. The therapeutic tools taught on this course are educating patients about how they can use their pain in an effective way, even if it is 'in their head', graded exposure to stimuli which evoke pain and also included are virtual body exercises - exercise your synapses not just your muscles.

Course notes have been written by **David Butler** with input from many members of the international faculty and in response to feedback from course participants.

*This course is approved for CEUs by most state PT Associations (15 hours).*

## **COURSE AIMS & COURSE PROGRAM**

- Have a modern understanding of what happens in the body during a pain experience, including gene activity and plastic changes in the brain.
- Understand how pain is a brain construction designed to help us deal with threat, but how and why the brain sometimes turns on too much pain.
- Be aware of the evidence base underpinning neuroscience knowledge as a therapeutic tool.
- Be able to understand or provide the evidence based therapies of education, pacing and virtual body exercises.
- Have made new networks.

### **Day 1: 8:00 – 5:00 PM**

8:00 – 8:15	Introduction and welcome
8:15 – 9:30	Models of managing chronic pain
9:30 – 10:45	The nervous system and how it processes pain
10:45 – 11:00	Break
11:00 – 12:00	Tissue contribution in pain
12:00 – 1:00	Lunch
1:00 – 2:15	Peripheral nerve pain
2:15 – 2:30	Break
2:30 – 4:15	Central sensitivity
4:15 – 5:00	Yellow flags and contributing factors to pain states
5:00	Class ends

### **Day 2: 8:00 – 5:00 PM**

8:00 – 8:15	Review and questions
8:15 – 9:45	Output & Homeostatic System & Pain
9:45 – 10:00	Break
10:00 – 11:30	Pain science education, evidence and practical application
11:30 – 12:00	Pacing programs and graded exposure in pain
12:00 – 1:00	Lunch
1:00 – 1:45	Pacing programs and graded exposure in pain (cont).
1:45 – 2:45	Virtual body & imagery exercises
2:45 – 3:00	Break
3:00 – 4:00	Virtual body and imagery exercises (cont).
4:00 – 5:00	Biologizing pain: case studies

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**The Neuro Orthopaedic Institute is an independent, international group of physiotherapists dedicated to quality education and resource distribution.**



# Course registration form

**Course** Explain Pain (Level 1 course)  
**December 1 & 2, 2012 (Sat-Sun)**  
**Instructor** Adriaan Louw PT, M.App.Sc (physio), GCRM, CSMT, Neuro Orthopaedic Institute  
**Venue** Ortho Sport PT, 8174 Lark Brown Rd #101, Elkridge, MD 21075  
**Registration** International Spine & Pain Institute (NOI agents in the US)  
Toll free 866-235-4289, fax 515-733-2744, email [info@ispinstitute.com](mailto:info@ispinstitute.com)

## Your details

Title (Mr/Ms/Dr): \_\_\_\_\_ First Name: \_\_\_\_\_ Middle initial: \_\_\_\_\_

\_\_\_\_\_  
Surname:

\_\_\_\_\_  
Professional Designation:

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Organisation:

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Email:

\_\_\_\_\_  
Work phone: \_\_\_\_\_ Work Fax: \_\_\_\_\_

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Home phone: \_\_\_\_\_ Home Fax: \_\_\_\_\_

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Address:

\_\_\_\_\_  
City/Suburb: \_\_\_\_\_ State/Province: \_\_\_\_\_

\_\_\_\_\_  
Zip/Postal code: \_\_\_\_\_ Country: \_\_\_\_\_

**Payment by check:** Check for **\$425** USD to be made out to:

**International Spine and Pain Institute, PO Box 232, Story City, IA, 50248**

**Payment by credit card:** Please charge **\$425** to my  Visa  MasterCard  Discover

Card no. \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Last 3-digit sec code (back of card) \_\_\_\_

Cardholders' name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Participant Cancellation:** If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no amount can be transferred from another course, and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course, nor for cancellation any time after the course start date.

**Institute Cancellation:** Full tuition refunds will be issued to the participant, or another letter of credit will be issued to participant. If course is interrupted while in progress by an "act of God" or circumstances beyond control, no refunds will be issued. International Spine and Pain Institute, NOI/Australia, nor the Host Facility are responsible for any reimbursement of expense incurred by participant, including airline tickets.

**Queries:** Should you require any further information or assistance with this form please contact Adriaan or Colleen Louw (ISPI) at 515-733-2699 or email [colleen@ISPInstitute.com](mailto:colleen@ISPInstitute.com)

**A formal confirmation will be sent to you when your registration has been received.**

