

Explain Pain

David Butler & Neuro Orthopaedic Institute (Australia)

October 9 & 10, 2010

Boise, ID

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).

Instructor: Adriaan Louw, PT, M.App.Sc (physio), GCRM, CSMT

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.

**This course will be hosted by the Idaho PT Association for their Fall Conference 2010.
For more information or to register contact: Matt Smith (matt@rehabauthority.com)**

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

Neuro Orthopaedic Institute Australasia Pty Ltd
E info@noigroup.com T+ 61 (0)8 8211 6388 F+61 (0)8 8211 8909
19 North Street, Adelaide City West, South Australia 5000

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

