

Pain Management Certification Workshop

Course Director: Steven Spinks, PT, DPT, OCS, COMT, FAAOMPT

Faculty:

Kim Rutherford, PT, DSc., COMT

**Faculty may vary based on availability and location*

Day 1 8:30 am – 6:00 pm

Morning Session: 8:30 am – 12:00 pm (Break 10:00 - 10:15 am)

- Welcome and Introduction
 - Epidemiological and Prevalence
 - Historical perspective
- Neurophysiology of Pain
 - Mature Organism Model
 - Neuromatrix Input / Output
 - Temporal summation
 - Homunculus
- Healthcare Utilization and Health Seeking Behaviors
- Pharmacological History and Interventions

Lunch on your own: 12:00 pm – 1:00 pm

Afternoon Session: 1:00 – 6:00 pm (Break 3:00 – 3:15 pm)

- Understanding from the Patient's Perspective
 - Yellow Flag screening
 - OSPRO-YF
 - Biopsychosocial Aspects of Pain
 - Factors that modulate pain
 - ABCDEFW Framework
 - Outcomes Assessment Tools
- Evaluation: Subjective
 - SINSS Model
 - Pertinent medical history
 - Pain Mechanisms and Clinical Indicators
 - Nociceptive
 - Peripheral Neuropathic
 - Central Sensitization
 - Integration of Pain Neuromatrix

Day 2 8:30 am – 6:00 pm**Morning Session: 8:30 am – 12:00 pm (Break 10:00 - 10:15 am)**

- Evaluation - Objective
 - Palpation Assessment
 - Adverse Neural Dynamics / Superficial nerve palpation
 - 2 Point Discrimination
 - Pain Pressure Threshold
- Evidence-based Treatment Research
 - Pain Neuroscience Education (PNE)
 - Manual Therapy
 - Exercise

Lunch on your own: 12:00 pm – 1:00 pm**Afternoon Session: 1:00 – 6:00 pm (Break 3:00 – 3:15 pm)**

- Manual Therapy Breakout
 - Adverse Neural Dynamics treatment
- Graded Motor Imagery
 - Left / Right Discrimination
 - Explicit Motor Imagery
 - Mirror Therapy
- Graded Exercise
- PNE breakout
- **Case Presentation for Certification discussion**