A World of Hurt: A Guide to Classifying Pain

Course
May 21-22, 2016
A World of Hurt
A Guide to Classifying Pain
A continuing education program designed for health care providers

Lombard (Chicago), IL

Annie O'Connor, PT, OCS, Cert.MDT
Tom Lotus, DC, DACO, Cert.MDT

<table>
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<tr>
<th>Date</th>
<th>LOCATION</th>
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<tr>
<td>May 21-22, 2016</td>
<td>National University of Health Sciences</td>
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<tr>
<td></td>
<td>200 E. Roosevelt Road • Lombard IL 60148</td>
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<td>Building D / Room 220</td>
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REGISTRATION
Register Online at www.ClinicalCE.org
Inquiries? email info@ClinicalCE.org

FEES

<table>
<thead>
<tr>
<th>Professional</th>
<th>Registered and paid (U.S. funds): min. 8 days in adv. of program</th>
<th>within 7 days of program</th>
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<tr>
<td>Practitioner</td>
<td>includes CE credit*</td>
<td>$595.00</td>
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<tr>
<td>Practitioner</td>
<td>recent graduate (within 1-year of graduation date)</td>
<td>$325.00</td>
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<tr>
<td>Student</td>
<td>enrolled in a professional program</td>
<td>$325.00</td>
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<td>Faculty</td>
<td>Full-time</td>
<td>$225.00</td>
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<td>Cancellation</td>
<td>written notification of cancellation is required</td>
<td>Refund minus $50 processing fee</td>
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*CE credit is applied for in the state of the program and select surrounding states. An additional fee may apply if your state (that had not been applied to) has a sizable CE application fee. Please be mindful of your state’s CE application deadline.

Note: Your payment includes a copy of 'A World of Hurt - A Guide to Classifying Pain'
by Melissa Kolski & Annie O’Connor

Attire: Please wear comfortable, loose fitting clothing conducive for exercise for the practical portions of the program.

IMPORTANT
Every attempt is made to offer the course(s) as publicized. However, The World of Hurt instructors reserve the right to adjust program dates, location, times, topic(s), instructor, tuition, etc. in order to accommodate for unexpected occurrences and to cancel due to insufficient enrollment. We will only notify advanced registrants of any cancellation or program changes. The World of Hurt instructors are not responsible for any expenses incurred by registrants due to adjustments or cancellations. A $50 processing fee will be charged for any tuition refund request when the registrant provides written notice of cancellation at least eight (8) days prior to the program date. Tuition is non-refundable or transferable within seven (7) days of the program date. The World of Hurt instructors make no representation either directly or indirectly that the substantive matter being presented is approved or within respective scope of licensing.
A WORLD OF HURT: A GUIDE TO CLASSIFYING PAIN

COURSE
May 21-22, 2016

COURSE DESCRIPTION

This two-day course covers information critical to the subgrouping of patients with musculoskeletal pain. Pain Clinicians will learn how to classify dominating Peripheral and Central Nervous System pain mechanisms using collaborative classification systems, Pain Mechanism Classification System (PMCS) and McKenzie Mechanical Diagnosis and Treatment (MDT). A Musculoskeletal PMCS will be introduced, discussed and applied to multiple pain patient case studies and live pain patient demonstrations upon request. A Peripheral Nervous System Neurodynamic Evaluation and Treatment and Central Nervous System Sensory and Motor evaluation will be used to identify the dominant pain mechanism. The ongoing assessments will include patient rated outcome measures, psychometrics tools and treatment interventions highlighting patient education and active care. The course will build confidence in patients and providers for all patient populations who suffer from musculoskeletal pain.

WHO SHOULD ATTEND

Medical Doctors, Psychologists, Chiropractors, Osteopaths, Physical and Occupational Therapists, Physical Therapist Assistants, Occupational Therapy Assistants, Chiropractic Assistants, Athletic 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:

1) Differentiate subjective and objective clinical characteristics in nociceptive, peripheral neurogenic, central sensitization, affective and autonomic/motor pain mechanisms.
2) Apply pain mechanism & Mechanical Diagnosis and Treatment classification principles to musculoskeletal pain patient population.
3) Classify dominant pain mechanism and prescribe patient education and active care intervention to musculoskeletal and neurological patients.
4) Objectively score patient rated outcome measures using validated outcomes tools.
5) Effectively communicate and refer to multiple disciplines regarding pain education and active care treatment in order to ensure continuity of care and consistent best practice.
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 recent 2015 book “A World of Hurt: A Guide to Classifying Pain” and recent 2014 Journal Article “Validation of a pain mechanism classification system (PMCS) in physical therapy practice.” Both publications offer a research supported “paradigm shift” in managing Musculoskeletal 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. 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, and McKenzie Institute. She continues to treat orthopedic, neurological patients, and canines with musculoskeletal pain to achieve the best life possible.

Thomas J. Lotus DC, Cert.MDT, FACO is owner and Clinic Director of Spine & Sports Center of Chicago. He has been in clinical practice for the last 12 years. Dr. Lotus practices in downtown Chicago four days a week and at the Rehabilitation Institute of Chicago in River Forest’s outpatient center one day a week (www.sscofchicago.com). He is a 2003 graduate of National University of Health Sciences (NUHS) and has served as part-time and postgraduate faculty for the Institution. He continues to teach courses throughout the US and internationally with topics ranging from rehabilitation, biomechanics and chronic pain. He is a board certified chiropractic orthopedist (DACO) and is a candidate for Diplomat status with the American Chiropractic Rehabilitation Board. He is also credentialed in Mechanical Diagnosis & Therapy through the McKenzie Institute International. He has assisted with McKenzie course instruction over the last 5 years and has been a keynote speaker at the McKenzie Institute’s Conference of the Americas. He holds a certificate in the diagnosis and treatment of temporomandibular dysfunction, acupuncture and dry needling technique for musculoskeletal conditions. He completed a residency rotation at Motol Hospital, Czech Republic under Drs. Pavel Kolar and Karel Lewit and is extensively trained in their advanced technique of dynamic neuromuscular stabilization (DNS), a stabilization technique based on developmental kinesiology. He is certified in gait analysis to treat endurance athletes including professional athletes, nationally ranked runners, semi-professional tri-athletes, collegiate athletes and weekend warriors. He continues to be a consultant for some of the leading athletic shoe manufactures as well as running stores throughout the region.

Disclosures

Financial:
The presenters Annie O’Connor and Thomas Lotus will receive an honoraria and expenses for teaching this course.

Nonfinancial:
Annie O’Connor and Thomas Lotus have no relevant nonfinancial relationships.

www.musculoskeletal-pain.com

References:


• Moseley G. A pain neuromatrix approach to patients with chronic pain. Manu Ther. 2003; 8:130-140.


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AGENDA

Saturday May 21, 2016
7:30 am  Registration / Continental Breakfast

8:00  Course Introduction – Musculoskeletal Pain Lessons

8:15  **Lecture:** Pain a continuum of structural, chemical, mechanical and psychological mechanisms

8:45  **Lecture:** Multidisciplinary Approach to Pain – Collaboration of Classification Systems - Risk Factor Assessment for Musculoskeletal Pain

9:15  **Lecture:** Peripheral Nervous System (PNS) Pain Mechanisms Subgroups Subjective, Objective Characteristics and Intervention

9:45  Break

10:00  **Lecture:** Mechanical Diagnosis & Treatment (MDT) Syndromes Subjective, Objective Characteristics

10:30  **Lecture:** PNS & MDT Patient Education and Active Care Intervention

11:00  **Case Studies:** PNS & MDT

12:00  Lunch

1:00  **Lecture:** Peripheral Neurogenic Pain Mechanism Objective Neurodynamic Evaluation

1:45  **Workshop:** Neurodynamic Evaluation Upper and Lower Limb Tests

3:30  Break

3:45  **Lecture:** Peripheral Neurogenic Pain Mechanism Intervention

4:45  **Case Studies:** Peripheral Neurogenic Pain Mechanism

5:45  Summary of PNS Mechanisms Questions / Answers

6:00  Adjourn
Sunday May 22, 2016

7:30 am  Continental Breakfast

8:00  Lecture: You don’t get pain without a brain

8:45  Lecture: Central Nervous System (CNS) Subgroups Subjective and Objective Characteristics

9:30  Workshop: Psychometric Testing / Scoring – Yellow Flag Risk Form, FABQ, PASS, PHQ-9

10:00  Break

10:15  Workshop: Patient Rated Outcome Measure Scoring – ODI, NDI, LEFS, DASH, PSFS

10:45  Lecture: CNS Mechanisms patient education and active care intervention

11:15  Lecture: CNS Sensory and Motor Evaluation Objective Tests
Demonstration: CNS left / right Discrimination - Spine and extremity

12:00  Workshop: CNS Sensory and Motor Objective tests

1:00  Case studies: CNS Pain Mechanisms CS, Affect, A/M

1:45  Summary of CNS Mechanisms Questions / Answers.

2:00  Adjourn