Comprehensive Pain Management Strategies and Techniques for Therapists

A Marianjoy Professional Learning Institute Offering

Sunday, November 10

Sponsored by:
Marianjoy Rehabilitation Hospital, part of Northwestern Medicine
26W171 Roosevelt Road
Wheaton, Illinois 60187

marianjoy.org
Course description

This lab-based course offers pioneering patient treatment approaches aimed at creating a comprehensive plan of care to address pain management. Interventions for addressing nociceptive, neuropathic, and nociplastic pain mechanisms will be discussed to facilitate a broad understanding of pain management. Selected manual techniques including myofascial nerve mobilizations, progression of dynamic lumbar stabilization exercises, and neural flossing/gliding techniques will be practiced. Exercise progression and functional adaptation strategies during activities of daily living will be discussed to promote a patient’s self-management of their pain. Pain science education, graded motor imagery and sensory retaining techniques will be incorporated into progression of therapy plans of care. Your active participation is required in order to complete the course and to ensure a dynamic learning experience.

Learning objectives

After attending this educational activity, participants should be able to:

1) Develop discipline-specific plans of care to include functional adaptations, energy conservation and dynamic exercise progression to address comprehensive pain management.

2) Integrate treatment strategies into treatment plans for patients with central sensitivity including graded motor imagery and neurosensory retraining.

3) Progress lumbar stabilization and dynamic stabilization techniques (including cognition-targeted motor control).

4) Apply treatment strategies for peripheral neuropathic pain including nerve mobilization/sliding techniques and manual myofascial mobilization techniques.

Agenda

7:30 am  Registration and Continental Breakfast
8:00 am  Building the Patient Care Plan
8:10 am  Pain Science Education: The Pain Science Conversation With Your Patient
8:40 am  Functional Adaptations and Activity Modification Strategies
9:00 am  Nociceptive Pain (lecture/lab)
  • Rehabilitative Ultrasound Imaging
  • Functional Assessments
  • Progression of Lumbar Stabilization Exercises
10:00 am  Peripheral Neuropathic Pain (lecture/lab)
  • Differential Palpation for Tendons, Arteries and Nerves
  • Myofascial Nerve Mobilization
  • Nerve Sliding/Flossing Techniques
  • Differential Palpation for Tendons, Arteries and Nerves
11:30 am  Nociplastic Pain Including Central Sensitivity (lecture/lab)
  • Graded Motor Imagery
  • Sensory Retraining
12:30 pm  Adjourn
Faculty

Themis Raftis, MPT, tDPT, MTC, TPS
Physical Therapist
Marianjoy Integrative Pain Treatment Center

Lisa Schwarz, PT, MHPE, OCS, ATC
Physical Therapist
Marianjoy Integrative Pain Treatment Center

Disclosure statements
The planners for this activity have no conflicts of interest to disclose.

Mr. Raftis has no relevant non-financial relationships to disclose. Dr. Raftis receives a salary from Marianjoy Rehabilitation Hospital.

Ms. Schwarz has no relevant non-financial relationships to disclose. Ms. Schwarz receives a salary from Marianjoy Rehabilitation Hospital.

Program details

Program location
The program will be held in the Conference Center at Marianjoy Rehabilitation Hospital’s Outpatient Pavilion, 26W171 Roosevelt Road, Wheaton, Illinois.

Audience
The content of this program is appropriate for occupational therapists and physical therapists.

Contact hour statements

Occupational therapists
Marianjoy Rehabilitation Hospital is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This introductory level program awards occupational therapists 0.45 AOTA CEUs or 4.5 contact hours. Assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Classification Codes for Continuing Education Activities: Category 1: Domain of OT (Topic: Client Factors, Occupations); Category 2: Occupational Therapy Process (Topic: Interventions)

Physical therapists
This course has been approved for 4.5 continuing education hours for physical therapy practitioners.

Registration fee
The fee is $29. A continental breakfast and lunch will be provided. Marianjoy is an approved education provider in EdAssist and is listed as ‘Marianjoy Professional Learning’ in the Education Provider section of the application.

Cancellation and refund policy
Prepayment prior to the start of class is required. Full refunds are granted for cancellations received at least one week prior to the start of the program. Refunds are not granted for cancellations less than one week prior to the start of the program. Classes cancelled due to low enrollment will result in a refund. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.

Accessibility
Please contact 630.909.7102 if you require special accommodations to enroll in or attend this program. TTY for the hearing impaired 630.909.8015.