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Integrating Emerging Pain Sciences with Manual Therapy

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Pain is the primary reason why patients seek physical therapy services, it is imperative that today's evidenced□based physical therapist maintains a basic, accurate knowledge of the pain sciences. Nowhere is the nature of pain and suffering more misunderstood than in the arena of spinal pain. The data is overwhelming that we are not only harming a large number of people with invasive medical procedures that are targeted at the wrong area, we are also failing to implement current evidence in the pain sciences into the management of patients with spinal pain. This course will focus the physical therapist on actionable ways to successfully manage difficult spinal pain conditions.
The course will consist of lecture (30%) and lab sessions (70%). Lecture will consist of discussion surrounding current evidence related to medical management of chronic spinal pain and the alarming increase of magnetic resonance imaging and subsequent surgery. Additionally, a description of common pain modulators will be discussed. Lab sessions will focus on spinal manipulation of the thoracic spine, lumbar spine and hip region and integrating this with patient education and exercise approaches that are designed to empower patients with chronic spinal disorders to increase activity and self-manage their symptoms.

Objectives:
Upon completion of this course the participants will be able to:

- Demonstrate knowledge of the current understanding of nociception, the experience of pain, and the nature of suffering.
- Describe modulators of pain that increase or decrease the pain experience.
- Demonstrate the purpose and interpretation of pain beliefs and depression screening.
- Demonstrate appropriate language that empowers patients in chronic spinal pain.
- Perform with moderate proficiency spinal manipulation of the thoracic spine, lumbar spine and hip region.
- Perform with moderate proficiency an exercise and pain science education program in a patient with chronic spine pain.

Speaker Biography:
Dr. Flynn is board certified in Orthopaedic Physical Therapy (OCS), a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT), and a frequent research presenter at state, national, and international meetings. Dr. Flynn is widely published including 5 textbooks, 6 book chapters, over 50 peer-reviewed manuscripts on orthopaedics, biomechanics, and manual therapy issues. Dr. Flynn has received numerous research grants. Awards include the James A. Gould Excellence in Teaching Orthopaedic Physical Therapy, the Steven J. Rose Excellence in Research (twice), the AAOMPT Outstanding Research Award (twice), and the Distinguished Alumnus- Marquette University Program in Physical Therapy. He continues to maintain an active research agenda in the areas of spinal and extremity manipulation, low back disorders, characterization of spinal stability, and the development of clinical prediction rules. Dr. Flynn is an expert clinician and owner of Colorado Physical Therapy Specialists. He is on the executive board and faculty at Evidence in Motion, an education and practice consultation company, which passionately promotes a culture of evidence-based practice within the physical therapy profession. Dr. Flynn is the immediate past President of the American Academy of Orthopaedic Manual Physical Therapists, an Associate Editor for the Journal of Orthopaedic & Sports Physical Therapy (JOSPT), and editorial board member of Manual Therapy. He is a Distinguished Professor at Rocky Mountain University of Health Professions where he teaches professional and post-professional students in the area of musculoskeletal management, advanced manipulation skills, and evidence based practice.

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Schedule

DAY 1- Saturday	
8:00	Orientation; Introductions; Course Expectations
8:30	Lecture- Understanding Pain & Nociception
9:30	Physical Examination & Thoracic Manipulation Lab
10:30	Break
10:45	Integration of Thoracic Spine and Neural Tension
12:00	Lunch
1:00	Diagnostic Imaging- Friend or Foe
2:30	Lumbar Intervention Lab
3:00	Break
3:15	Lumbar Intervention Lab
4:00	Exercise Lab
5:00	Adjourn
DAY 2- Sunday	
8:00	Round Robin Review Manipulation Practice Session
9:00	Physical Examination Lab (Thoracic-Ribs-Upper Cervical)
10:00	Break
10:15	Cervical & Ribcage Manipulation Lab
12:00	Lunch
1:00	Hip Examination and Treatment
2:30	Hip and Lumbar Exercise Lab
3:00	Break
3:30	Gait Analysis and Integration with Manipulation and Pain Management
5:00	Adjourn

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