A World of Hurt: Central Nervous System Pain Mechanisms
Patient Education & Exercise Prescriptions
COURSE DESCRIPTION

This two-day course focuses on information critical to the assessment and treatment of patients dominated by Central Nervous System (CNS) Pain Mechanisms. The course teaches how to classify CNS pain mechanisms into Central Sensitivity, Affective and Motor / Autonomic. Incorporating the scientific literature and strategies for when to utilize Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing (MI) approaches. This course will highlight specific interventions of patient pain science education approaches, specific gradual exposure functional exercise prescriptions and CNS sensorimotor retraining. Outlining principles from Chapter Six Central Sensitivity, Seven Affective & Eight Motor / Autonomic of “A World of Hurt: A Guide to Classifying Pain”, pain clinicians will learn how to assess and classify CNS pain mechanisms utilizing subjective / objective characteristics, psychometric measures, outcome measures, CNS sensory and motor evaluations. This course will present a patient readiness questionnaire, MI, ACT, and CBT strategies for each stage of readiness. Video, paper cases and live patient demonstrations (when available) will assist the application of pain classification principles by understanding the importance of the “words” and “moves” necessary to reverse CNS pain mechanisms.

WHO SHOULD ATTEND

Physical and Occupational Therapists, Chiropractors, Osteopaths, Physical Therapist Assistants, Occupational Therapy Assistants, Medical Doctors, Psychologists, Athletic Trainers, Massage Therapists, Personal 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:

At the conclusion of this course, participants should be able to:

| 1) Differentiate subjective and objective clinical characteristics in the CNS pain mechanisms: central sensitization, affective and motor/autonomic. |
| 2) Apply CNS pain mechanism classification principles to live, paper and video patient cases. |
| 3) Classify CNS pain mechanism and prescribe individualized patient education and active care interventions. |
| 4) Administer and interpret patient rated psychometric outcome measures, readiness questionnaire for the education and active care. |
| 5) Effectively communicate pain science education for all CNS pain mechanisms. |
| 6) Effectively evaluate and treat motor/autonomic sensorimotor dysfunctions. |

FACULTY

Course Instructors:

Annie O’Connor, PT, OCS, Cert. MDT, is Corporate Director of the Musculoskeletal Practice and Clinical Manager of the River Forest Outpatient Center at the Shirley Ryan Ability Lab formerly known as the Rehabilitation Institute of Chicago. Annie has co-authored 2018, Pain Mechanism Classification Chapter, Rehabilitation of The Spine: A Patient Center Approach 3e, Liebenson C (ed). Wolters Kluwer
Philadelphia publisher. She has co-authored 2017, *Therapeutic Exercise Chapter*, Orthopedic Knowledge Update Spine 5, American Academy for Orthopedic Surgeons publisher. This chapter specifically is dedicated to helping Medical Doctors understand pain mechanism classification and the importance in therapeutic exercise selection. She has co-authored 2015 book “A World of Hurt: A Guide to Classifying Pain” and September 2016 Journal Article in JMMT “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 (Cert. MDT). She lectures nationally and internationally on musculoskeletal pain mechanism classification and intervention, neurodynamic evaluation and treatment, mechanical diagnosis and therapy of spine and extremities, kinetic chain evaluation, functional manual therapy and exercise prescription. She was instrumental in establishing the Pain Mechanism Classification System approach for musculoskeletal pain at the Shirley Ryan Ability Lab formerly known as 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 (NASS), and McKenzie Institute. She serves on the 10X25 tactile coalition task force to reduce spine related disability by 10 % in year 2025 sponsored by the Spine Foundation a national group of the NASS. She continues to treat orthopedic, neurological patients, and canines with musculoskeletal pain to achieve the best life possible.

Melissa Watson, MSPT, Cert. MDT, received her Master’s in Physical Therapy and her Bachelor’s in Exercise Physiology from Ohio University. Melissa practices at the Shirley Ryan Ability Lab formerly known as the Rehabilitation Institute of Chicago Willow brook Outpatient Center with 16 years of clinical experience in neurological rehabilitation. Melissa has been helping to lead RIC’s Clinical Ladder Program for over 6 years where she mentors other clinicians on their professional and clinical development. She is a certified clinical instructor and consistently mentors students in clinical practice. She is practicing clinically in the Day Rehabilitation setting with an interest in musculoskeletal pain and applying both MDT and pain classification principles within the neurological population for spasticity. She is currently leading a Day Rehab Pain Group Committee where she is mentoring other Day Rehab clinicians on running pain groups that are focusing on pain science education and active care treatment for patients with centrally dominated pain throughout 6 sites of care and facilitating a standard for education through Inpatient clinicians. She certified in Mechanical Diagnosis and Treatment – McKenzie Method. She has been training the Pain Mechanism Classification System outlined in the book “A World of Hurt: A Guide to Classifying Pain” for last 3 years and uses both sub grouping methods exclusively in her neurological clinical practice for pain and spasticity to guide patient education and exercise prescription to facilitate functional return.

**Disclosures**

**Financial:**
The presenters Annie O’Connor and Melissa Watson will receive an honorarium and expenses for teaching this course.

**Nonfinancial:**
Annie O’Connor and Melissa Watson have no relevant financial relationships.

**Course Book:** “A World of Hurt: A Guide to Classifying Pain” Participant Discount US 55.00$
References:

A World of Hurt: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions

AGENDA

Day 1

8:00 am Registration / Continental Breakfast

8:30 Lecture: Risk Assessment for Musculoskeletal Pain: A Collaboration of Classification Systems - Introduce Yellow Flag Risk Form [WoH: pg 258]

9:15 Lecture: You Don't Get Pain without a Brain

10:00 Break

10:15 Lecture: Central Nervous System (CNS) Subgroups Subjective and Objective Characteristics [WoH: pg 222-223]


12:00 Lunch

1:00 Words Workshop: Patient Pain Education using the Yellow Flag Risk Form: Individual to Group Model [WoH: pg ix], Documentation Guidelines and Goal Recommendations; Assessing patient motivation and learning.

3:00 Break

3:15 Video/Paper Case Studies or Live Patient Demonstration: Central Sensitivity

4:15 Video/Paper Case Studies or Live Patient Demonstration: Affective Pain Mechanism

5:15 Questions / Answers / Case Discussion

5:30 Adjourn
Day 2

7:30 am Continental Breakfast

8:00 Lecture: Affective Pain Mechanism; [WoH pg. 237 – 282]

9:00 Lecture: Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance Commitment Therapy (ACT)

10:00 Break

10:15 Workshop: Set the Scene and Act the Part: Observe and actively participate in live demonstrations of role playing clinician and patient scenarios; how to use your words to motivate, direct treatment, and guide the patient to take the lead in their care.

12:00 Lunch

1:00 Video/Paper Case studies: CNS Motor/Autonomic

2:00 Lecture: CNS Mechanisms Patient Education and Active Care Intervention [WoH pg 236]

2:30 Lecture: CNS Sensory and Motor Evaluation Objective Tests [WoH pg 328-335]

3:00 Break

3:15 Workshop: CNS Sensory and Motor Patient Video Demonstration: Actively practice sensory and motor tests including CNS left/right discrimination in both the spine and extremities

4:30 Questions / Answers

4:45 Adjourn