

# A World of Hurt: Peripheral Neurogenic Pain Neural Entrapment to Neural Dysfunction Exercise Prescriptions

## AGENDA

### Day 1 - April 6:

- 8:00 Registration / Continental Breakfast**
- 8:15** Course Introduction – Musculoskeletal Pain Lessons - [WoH: Forward xi]
- 8:30** Lecture: Risk Assessment for Musculoskeletal Pain – Referral System
- 9:00** Lecture: Pain Mechanism Classification System (PMCS) – Definitions and Research – [WoH: pg 21-23; 28-31]
- 9:15 Break**
- 10:00** Lecture: Introduce Yellow Flag Risk Form and Current Research - [WoH: pg 258]
- 10:30** Lecture: Nerve Pain Objective Evaluation [WoH: pg 119-122; 150-157]
- 11:00** Lecture: Neurodynamic Examination: Considerations & Clinical Reasoning [WoH: pg 122-134; 102 - 103]
- 12:00 Lunch**
- 1:00** Workshop: Patient Neuro-immune Science Education, Neurodynamic Tests: Lower, Upper and Spine [WoH: pg 158-166]
- 3:15 Break**
- 3:30** Case Study or Live Patient Demonstration: Neural Entrapment
- 4:30** Case Study or Live Patient Demonstration: Neural Dysfunction
- 5:30** Adjourn

### Day 2 - April 7:

- 7:30 Continental Breakfast**
- 8:00** Workshop: Trapped Nerve Spine - Directional Preference & Centralization Exercise
- 10:00 Break**
- 10:15** Workshop: Trapped Nerve Upper and Lower Body Entrapment Sites - Manual Therapy and Prescriptive Exercise [WoH: pg 130, 132-133]
- 12:00 Lunch**
- 1:00** Lecture: Peripheral Neurogenic Pain Management & Intervention [WoH: pg 134-144; 185]
- 1:45** Lecture: Peripheral Neurogenic Pain Connection to Central Sensitization [WoH: pg 113-115; 188-194; 198-203]
- 2:15 Break**
- 2:30** Case Study Workshop: Central Sensitization – Patient Neuro Immune Science Education [WoH: pg 206-208, 210-213 214-215]
- 3:30** Summary of Pain Mechanisms – Working Lamp Analogy: “5 Steps to a Pain Free Life”
- 4:15** Questions / Answers
- 4:30 Adjourn**



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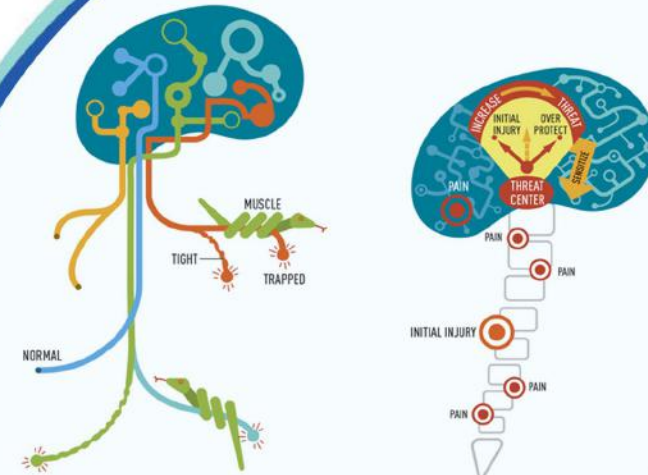


**\$450**  
\$425, Early registration  
by February 28th, 2019



# A World of Hurt: Peripheral Neurogenic Pain Neural Entrapment to Neural Dysfunction Exercise Prescriptions

April 6 - 7, 2019



## COURSE DESCRIPTION

This two-day course focuses information critical to the assessment and treatment of patients dominated by Nociceptive Pain Mechanisms involving the peripheral nerve. The Peripheral Neurogenic Pain Mechanism (PNPM) requires specific neurodynamic mechanical exercise prescriptions as well as pain neuro-immune science education about peripheral nerves and the pain alarm system. Outlining Chapter Five and Six of "A World of Hurt: A Guide to Classifying Pain," pain clinicians will learn how to assess and classify neurogenic nociceptive pain mechanisms as either "trapped," "tight," or "sensitive" utilizing neurodynamic evaluation testing and clinical reasoning. This course assists identifying neural entrapments, dysfunctions and/or the beginning signs of central sensitivity in both the upper, lower body and spine. This pain neuro-immune science course provides interventions in patient education for neurogenic conditions and specific prescriptive neurodynamic exercises for each neurogenic mechanical problem. This course includes an active manual therapy workshop for common upper and lower body neural entrapment sites and local tissue treatments. In addition, a workshop dedicated to both active neurodynamic exercise progression and passive neurodynamic testing and mobilization. Video, paper cases and live patient demonstrations (when available) will aid application to each clinician's practice by understanding the importance of the specific "words" and "moves" necessary to reverse neurogenic mechanical nociceptive 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

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

- 1) Differentiate subjective and objective clinical characteristics in peripheral neurogenic and central sensitivity pain mechanisms.
- 2) Differentiate subjective and objective clinical characteristics for mechanical syndromes of the nervous system including neural entrapments, neural dysfunction and central sensitivity.
- 3) Prescribe patient education and exercise interventions for mechanical syndromes related to neural entrapments, neural dysfunction in spine, upper and lower extremities.
- 4) Perform passive repeated movement neurodynamic evaluation and treatment for common upper and lower extremity peripheral nerves.
- 5) Classify the dominant pain mechanism and prescribe patient education and active care intervention to paper, video and live patient demonstrations.
- 6) Demonstrate common manual therapy techniques for upper and lower extremity entrapment sites.

## COURSE INSTRUCTOR

**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 *JMPT* "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 and facilitating a standard for education through Inpatient clinicians. She is 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 will receive an honorarium and expenses for teaching this course.

### Nonfinancial:

The presenters have no relevant financial relationships to disclose.

## References:

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