Modern pain science for the physical therapist
Know pain. Know gain

April 13 & 14, 2018
Cook-DeVos Center for Health Sciences, Grand Valley State University, Grand Rapids, MI
Cost: $300 GVSU PT alumni and DPT Program CIs; $350 all others
Contact hours: 16 hours

The last 15-20 years have seen an explosion in our understanding of pain. Modern Pain Science for the Physical Therapist is a course focused on educating therapists on modern understandings of pain and how to apply it to clinical practice on Monday. An understanding of persistent pain states will be developed so the participant can better be able to educate, assess, and treat the patient suffering from persistent pain.

For more information and/or to register go to:
www.gvsu.edu/ptpd

Day One	Day Two
8:00 Introductions/Objectives	8:00 Examining a Sensitive Nervous System
8:30 Pain History and Theory	8:30 Sensitive Nervous System Examination Lab
9:00 Pain Physiology	9:00 Neurodynamics
10:30 Break	9:45 Break
10:45 Pain Classification	10:00 Neurodynamics Lab
11:00 Cognitive Behavioral Therapy in Pain Care	12:00 LUNCH
12:00 LUNCH	1:00 Contextual Effects In Patient Interaction
1:00 Pain Neuroscience Education (PNE) Introduction and Application	1:30 Modern Clinical Reasoning
2:00 PNE Content Overview	2:00 Modern Manual Therapy with Lab
3:00 Break	3:00 Modern Therapeutic Exercise with Lab
3:15 PNE Content and Case Examples	4:00 Introduction to Graded Motor Imagery
4:00 Live Skype with Chronic Pain Patient – Case Study	4:30 Graded Motor Imagery Lab

At the conclusion of this course, the participant will: be able to:

1. explain three reasons that pain neuroscience education is important in clinical practice when dealing with the patient in pain
2. given a patient case presentation, deduce the dominant pain mechanisms present in the patient presentation
3. given a patient case scenario, execute all four principles of a graded exposure treatment
4. articulate three reasons that neurodynamic tests should be utilized for evaluative and treatment purposes when interacting with the patient with neuropathic pain
5. given a patient case scenario, design a graded activity quota-based program using operant conditioning method
6. given a case presentation of a hypersensitive patient, design an examination strategy using three sensory-motor tests to gain objective data of cortical organization
7. given a case scenario, design a cardiovascular exercise program with appropriate parameters for the centrally sensitive patient
8. accurately define graded motor imagery and each of its three components accurately define graded motor imagery and each of its three components

GRAND VALLEY STATE UNIVERSITY PHYSICAL THERAPY

Mark Kargela, PT, DPT, OCS, FAAOMPT

Mark Kargela, PT, DPT, OCS, FAAOMPT Dr. Kargela is a graduate of Grand Valley State University in 2003 where he received his masters degree. He later received his transitional DPT along with a manual therapy certification (MTC) from the University of St. Augustine. Mark is credentialed in Mechanical Diagnosis and Therapy (cert--]MDT) and is board certified in orthopedic physical therapy. Mark has also been involved in the Michigan Physical Therapy Association in delegate and district treasurer roles along with serving as adjunct faculty at Grand Valley State University. He is a graduate of EIM's fellowship program in 2012. He is the founder and a lead instructor in his company Modern Pain Care that focuses on integrating the modern science around pain into daily practice. Dr. Kargela currently is a clinical assistant professor at Midwestern University. He lectures locally and nationally on the topic of pain neuroscience and spinal care.