



# Explain Pain

## October 1&2, 2011

### Chicago, IL

This course is based upon Lorimer Moseley and David Butler's book 'Explain Pain' and infused with the most current information on brain biology and chronic pain adaptations. Robert Johnson will help you understand how the system works when there are injured tissues and nerves. You will also hear about the impact of stress in relation to pain.

The seminar is delivered in a way in which any professional working with patients or clients in pain.

Neuroscience can be fun. You'll be introduced to the newest knowledge about pain "neurotags", "brain ignition nodes", zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems can be critical in pain experiences.

The provision of pain knowledge to patients is an effective evidence based treatment tool. Patients can understand far more than most health professionals realize. The therapeutic tools taught in this course educate patients about how they can use their pain in an effective way, even if it is "in their head", graded exposure to stimuli which evoke pain. Also included are virtual exercises – exercise your synapses not just your muscles.

**After this seminar, no matter what your base profession is, you will:**

- Have a modern understanding of what happens in the body during a pain experience, including gene activity and plastic changes in the brain.
- Understand how pain is a brain construction designed to help us deal with threat, but how and why the brain sometimes turns on too much pain.
- Be aware of the evidence base underpinning neuroscience knowledge as a therapeutic tool.
- Be able to understand or provide the evidence based therapies of education, pacing and virtual body exercises.
- Have had fun, made new networks and been professionally refreshed.

#### Course Program

**Day 1: 8:00am - 4:30pm**

Registration 7.30-8.00

Explain Pain – why bother?

Evidence of efficacy

How does the nervous system work -

molecular & homuncular targets of therapy

Expanding clinical paradigms

Issues in tissues

Zings and zaps from peripheral nerves

Threat and the role of the immune,

motor, endocrine, autonomic and pain

construction systems

**Day 2: 8:30am - 4:30pm**

Central sensitivity

Pain and motor control

Assessment and threat identification

Explaining pain - models

Biologically based graded exposure

Virtual body exercises

Participant Cancellation: If written notification of cancellation is received to AORI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no amount can be transferred from another course, and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for 'no shows' at the course, nor for cancellation any time after the course start date.



**Robert Johnson is the Owner / Clinical Director of** Achieve Orthopedic Rehabilitation. He is a Board Certified Orthopedic Clinical Specialist, American Physical Therapy Association. He is very active in post-professional education of physical therapists locally, nationally and internationally. Robert's clinical interests include spinal dysfunction, acute and chronic neuropathic pain syndromes and manual therapy

**Location:** Northwestern Medical Campus  
645 N. Michigan  
Chicago, IL 60611

**COST:** \$425.00 usd

#### TO REGISTER OR FOR MORE INFO

**ONLINE:** submit via email: [heatheraori@gmail.com](mailto:heatheraori@gmail.com)

**PHONE:** 630-321-0055

**FAX:** 630-321-0088

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

DAYTIME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

#### Payment by check 'OMPT'

Check No. \_\_\_\_\_

Post to: 908 N. Elm Street # 109 Hinsdale, IL 60521

#### By credit card

Amount \$ \_\_\_\_\_ MC VISA Amex

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Expiration Date: \_\_ - \_\_

Cardholder's signature: \_\_\_\_\_

Registration is open to: Physical Therapists, Occupational Therapists, and Physicians (MD or DO) -appropriate qualifications and experience are applicable, check with your course host. CEU's are approved for physical therapists only. NOI courses include patient education as an evidence-based treatment tool, and are supported by quality workbooks, graphics and post course web involvement.