WVPTA 2015 Fall Conference

The Transition from Acute to Chronic Musculoskeletal Pain: Implications for Physical Therapy

November 7th, 2015
Marshall University School of Physical Therapy
2847 5th Avenue
(St. Mary’s Educational Center Building)

Hosted by:
Marshall University School of Physical Therapy
Huntington, WV 25702

7.0 Hour CE Course*

*Courses offered by the WVPTA are automatically approved for CE units by the WV Board of Physical Therapy. Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor.
Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Welcome and Course Overview</td>
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<tr>
<td>9:15</td>
<td>Musculoskeletal Pain: an epidemic</td>
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<td>9:30</td>
<td>Mechanisms of Pain</td>
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<td>10:00</td>
<td>Algometry: assessment of deep tissue pain</td>
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<td>10:20</td>
<td>Impaired pain inhibition</td>
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<td>10:35</td>
<td>Conditioned pain modulation</td>
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<td>11:00</td>
<td>Break</td>
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<tr>
<td>11:15</td>
<td>Clinical Measurement of Pain</td>
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<td>11:45</td>
<td>Use of a pain diagram in clinical practice</td>
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<td>12:30</td>
<td>Lunch</td>
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<tr>
<td>1:30</td>
<td>Quantitative Sensory Testing</td>
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<td>1:55</td>
<td>Quantitative Sensory Testing</td>
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<td>2:15</td>
<td>Transition from acute injury to CP</td>
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<td>2:35</td>
<td>Modulation of central sensitization</td>
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<td>2:35</td>
<td>Psychological Aspects of Pain</td>
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<td>3:05</td>
<td>Using pain education to decrease pain</td>
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<td>3:25</td>
<td>Manual Therapy Induced Analgesia</td>
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<td>3:40</td>
<td>Break</td>
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<tr>
<td>3:55</td>
<td>Manual Therapy Induced Analgesia Lab</td>
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<td>4:15</td>
<td>Exercise Induced Analgesia</td>
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<tr>
<td>4:35</td>
<td>Exercise Induced Analgesia Lab</td>
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<td>4:50</td>
<td>Electrical Stimulation</td>
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<td>5:05</td>
<td>Electrical Stimulation induced Analgesia Lab</td>
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<td>5:20</td>
<td>Conclusions – Final wrap-up</td>
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<tr>
<td>5:30</td>
<td>Adjourn</td>
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Biography of Presenters:

Carol A. Courtney, PT, PhD, ATC is Clinical Associate Professor at the University of Illinois at Chicago. She received a Bachelor of Science in Physical Therapy from Washington University in St. Louis, Master of Science from the University of South Australia and Louisiana State University, and a PhD from the University of Miami. Dr. Courtney is a licensed physical therapist and athletic trainer, and has been recognized as a fellow of the American Academy of Orthopaedic Manual Physical Therapists. At UIC, she is faculty in the Department of Physical Therapy and serves as the director of the post-professional Fellowship in Orthopedic Manual Physical Therapy.

Dr. Courtney has clinical expertise in the management of chronic musculoskeletal pain and sports injury. In 1991 and 1992, she was chosen to serve on the USA medical staffs for the Pan American Games in
Havana, Cuba, and the Olympic Games in Barcelona, Spain. Her research investigates the effects of knee joint injury and osteoarthritis on pain processing and joint function, as well as modulation of pain mechanisms through manual therapy interventions. She has over 80 peer-reviewed publications, book chapters and conference presentations and has presented both nationally and internationally on this research. Dr. Courtney serves as co-chair of the Standards Committee of the American Academy of Orthopaedic Manual Physical Therapists and is a deputy editor of the Journal of Manual and Manipulative Therapy.

**Course Description and Objectives:**

Our understanding of musculoskeletal pain has expanded greatly in recent years. In fact, some researchers and clinicians have suggested that we should be making a ‘pain diagnosis,’ indicating that there may be clinical correlates in the patient presentation that relate to specific alterations in pain processing. This course will discuss some of these clinical features of acute and chronic pain, including both psychological and physical findings. In addition, this course will discuss how some of our typical physical therapy interventions influence nociceptive processing. Finally, the physical therapist role as ‘pain modulator’ will be discussed.

At the end of this conference, participants should be able to:

1. Appreciate the neurophysiological and functional changes that may occur following joint trauma;
2. Understand the role of clinical tools such as pain diagrams, pain outcome tools, and quantitative sensory testing in determining stages of chronic musculoskeletal pain;
3. Apply quantitative sensory testing techniques and accurately interpret the results;
4. Appreciate the mechanisms behind pain flare-ups and make appropriate judgments concerning treatment dosage;
5. Comprehend the value of exercise in the management of chronic musculoskeletal pain;
6. Appreciate the neurophysiological effect of manual therapy, electrical stimulation and exercise following joint trauma; and
7. Understand the effect of manual therapy on impairments and function in individuals with chronic musculoskeletal pain.
REGISTRATION FORM

3 Easy Ways to Register:

1. Website: www.wvpta.org (click on Events and then the Registration Form)
2. Fax this form to the State Chapter office - 304-733-6486
3. Mail this form and check (make checks payable to WVPTA) to the WVPTA (see mailing address below)

Please Print

NAME

PRACTICE/COMPANY NAME

ADDRESS

CITY  STATE  ZIP

WORK PHONE  HOME/CELL PHONE

EMAIL ADDRESS

Registration Fees*

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<th>WVPTA/APTA Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>PT</td>
<td>$195</td>
<td>$245</td>
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<tr>
<td>PTA</td>
<td>$145</td>
<td>$195</td>
</tr>
<tr>
<td>Student</td>
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*Registration fees include admittance to the course, access to course materials, CE Certification, Continental Breakfast, Snacks and Lunch.

Mark all that apply: □ PT  □ PTA  □ Student

APTA/WVPTA Membership Number ______________________

Total Amount Enclosed $__________________

Cancellation Policy: You may cancel up until the day of the conference and receive a full refund.

WVPTA GOING GREEN FOR 2015 FALL COURSE

This year in an effort to go green, course materials will be available to registrants on the website prior to and after the course. You will receive information about accessing the course materials once you have registered. Course handouts will NOT be provided onsite. The location has available Wi-Fi if you would like to utilize your electronic devices to view the handouts during the course or please print the materials prior to arrival.

West Virginia Physical Therapy Association – 650 Main St, Barboursville, WV 25504 – 304-733-6484