**A World of Hurt: A Guide to Classifying Pain Course**

AGENDA

**Saturday**

8:00 am Registration / Continental Breakfast

8:20 Course Introduction – Musculoskeletal Pain Lessons – [*WoH: Forward xi]*

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

9:15 Lecture: Pain Continuum - Pain Mechanism Classification System (PMCS) – Definitions [*WoH: pg 21-23*] – Integration of Other Mechanical Classification Systems (ie MDT, TBC, CPR, MSI, NOI) *[WoH: pg 28-31]*

***9:45 Break***

10:00 Lecture: Peripheral Nervous System (PNS) Pain Mechanisms Subgroups Subjective, Objective Characteristics *[WoH: pg 102-103]* - Integration of Other Mechanical Classification Systems (ie MDT, TBC, MSI, NOI)

10:45 Lecture: PNS Patient Education and Active Care Intervention *[WoH: pg 77-79,104]*

11:15 Lecture: Peripheral Neurogenic Pain Mechanism (PNPM) Subjective, Objective Neurodynamic Evaluation *[WoH: pg 102-103, 150-157]*

***12:00 Lunch***

1:00 Lecture: PNPM Spasticity Subjective &Objective Characteristics: Sub grouping Spasticity for Therapeutic Exercise intervention.

1:30 Workshop: Neurodynamic Evaluation Upper and Lower Limb Active Tests. *[WoH: pg 158-166]*

3:00 Lecture: PNPM Intervention MSK & Neuro (Spasticity) *[WoH: 104, 135-144]*

***3:30 Break***

3:45 Video/Paper Case Studies or Live Patient Demonstration: Peripheral Nervous

System Pain Mechanisms

4:30 Video/Paper Case Studies or Live Patient Demonstration: Peripheral Neurogenic Pain Mechanism

***5:30 Adjourn***

**Sunday**

7:30 am Continental Breakfast

8:00 Lecture: You Don’t Get Pain Without a Brain

8:30 Lecture: Central Nervous System (CNS) Subgroups Subjective and Objective

Characteristics *[WoH: pg 222-223]*

9:00 Lecture: CNS Spasticity Subjective, Objective Characteristics: Sub grouping Spasticity for Therapeutic Exercise intervention.

9:30 Workshop: **Psychometric Testing / Scoring** –FABQ *[WoH: pg 198-199]*, PASS *[WoH: pg 257]*, PHQ-9 *[WoH: pg 257],* Readiness Questionnaire *[WoH: pg 44-49]*

***10:15 Break***

10:30 Words Workshop: Patient Pain Education using the Yellow Flag Risk Form – Individual to Group Model {WoH: pg ix, Documentation Guidelines and Goal Recommendations

***12:00 Lunch***

1:00 Video/Paper Case studies or Live Patient Demonstration: CNS Pain Mechanisms: Central Sensitivity, Affective, and Motor Autonomic

2:00 Lecture: CNS Mechanisms Patient Education and Active Care Intervention (MSK & Neuro Spasticity) *[WoH: pg 236]*

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

3:00 Workshop: CNS Sensory and Motor Patient Video Demonstration: CNS left / right Discrimination - Spine and Extremity

4:00 Summary of PMCS – Lamp Analogy

4:15 Questions / Answers

***4:30 Adjourn***