



PAIN SCIENCE AND RECOVERY

Modern Treatment for People with Chronic Pain

2009

Presented by:

Neil Pearson, MSc, BScPT, BA-BPHE, CYT, RYT (500)
Registered Physiotherapist, Yoga Therapist
Clinical Faculty University of British Columbia
Chair Pain Science Division of the CPA

Purpose:

Knowledge transfer of current pain science to reinforce a modern paradigm of pain, and enhance patient care through experiential learning.

Outline:

- Present the anatomy and neurophysiology of our pain system
- Discuss the changes that occur in the pain system when pain persists
- Present research findings regarding assessment and treatment of people in pain
- Present a new optimistic model for pain management
- Experience & learn self-management techniques for reducing pain & recovering movement
- Discuss inter-relationships with disability management models
- Learn prevention & treatment interventions for immediate changes in clinical practice

Designed for Health Care Professionals

The course provides three focuses for treatment:

- Effective and proven education techniques
 - Self-management techniques to down-regulate the sensitized nervous system
 - Specific strategies to recover function in people with persistent pain
-
- ❖ You will learn how to enhance your treatment by including evidence-based treatments that are practical and effective.
 - ❖ You will explore treatment effectiveness in relation to stages of change, motivation, perception of safety, and goal setting.
 - ❖ You will learn to combine cognitive strategies and down-regulation techniques with your manual therapies and the client's functional restoration activities.
 - ❖ You will learn a process for providing education within your current clinical practice, whether in private practice or multidisciplinary setting.

DATE AND LOCATION

Friday November 6, 2009 0930 to 1600 hours
Best Western (The Westerly), 1590 Cliffe Ave., Courtenay (Comox Rm)

TO REGISTER

Call the Volunteer desk at 250.331.8504 Ext. 38115
Payment (by cheque) to be sent to **Comox Valley Chronic Pain Society**
c/o Comox Valley Nursing Centre 615 10th Street, Courtenay BC V9N 1R2

Cost\$85.00\$

FOR MORE INFORMATION

Contact Brenda Buttell at 250.331.8504 Ext. 38123

SPONSORS

Purdue Pharma

BC Arthritis Society

Janssen-Ortho

Comox Valley Nursing Centre (VIHA/Primary Health Care)

Canadian Pain Coalition

Canadian Pain Association of Canada