

Treating pain: Simplifying the science of pain for better clinical results

Saturday, March 25, 2017
8:00 a.m.-5:00 p.m.

*Sponsored by the Orthopedic Physical Therapy Residency
program at A.T. Still University, Department of Physical Therapy*



orthoptresidency.atsu.edu

Course objectives

At the completion of this course, participants will know:

- How to better understand the science of pain
- How to translate the pain science into a story that you can share with your client
- How to explain to clients why they hurt in ways that others have not been able to explain
- How to recognize a client who has a hyper sensitized nervous system
- How to approach a chronic pain patient
- How to create realistic and reasonable goals for a "pain patient"
- How to establish a therapeutic alliance with your client around the diagnosis
- How to establish a treatment plan that maximizes adherence

Schedule

| | |
|-----------------|--------------------------------------------|
| 8:00-11:00 a.m. | The science of pain |
| 11:00 a.m.-noon | Clinical application of science discussion |
| Noon-1:00 p.m. | Lunch |
| 1:00-2:00 p.m. | Chronic pain diagnosis |
| 2:00-3:00 p.m. | Chronic pain treatment |
| 3:00-4:00 p.m. | Chronic pain strategies |
| 4:00-5:00 p.m. | Case studies and discussion |

Instructor

John Woolf, MS, PT, ATC, COMT, studied physical therapy at Northern Arizona University (UA) and completed a masters degree in biomechanics and motor control at the University of Arizona. He is the former director of athletic medicine for UA and is currently in private practice as the CEO of ProActive Physical Therapy.

He is also the co-director of the International Academy of Orthopedic Medicine - U.S., an education company that teaches physical therapists and medical providers across the country and in South America.

Dr. Woolf lectures in UA's surgical and non-surgical sports medicine fellowship programs in the Department of Orthopedic Surgery and Family Medicine. His clinic serves as a clinical experience site for UA's Integrative Medicine program.

He is also the co-founder of Patient Success Systems, LLC, a consulting company that provides healthcare providers and organizations with specific training to improve outcomes through patient-provider relationship training, change language, and patient-centered care.

Program registration form

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Register online at orthoptresidency.atsu.edu or mail payment and registration form to:

A.T. Still University
ATTN: Cheri Hodges
Department of Physical Therapy
5850 E. Still Circle
Mesa, AZ 85206

Registration fees (please check one)

- ☐ \$195
☐ \$160 for ATSU alumni and for clinical instructors

Check made out to ATSU

Mentors of ATSU orthopedic residents no charge
Discount available to three or more attendees from one organization

Name _____

PT license # _____

Address _____

City _____

State/ZIP _____

Phone number _____

Email _____