

Physiotherapy Academy

Explain Pain

With Ben Davies MSc BSc MCSP

Outline

This lecture is based on David Butler and Lorimer Moseley's book 'Explain Pain'. The presenters will help you understand how the pain system works when there are injured tissues and nerves and what happens in the brain in relation to pain experiences.

Explaining modern neuroscience to patients is an evidence based strategy which can change their pain and stress behaviours. You will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement. Serious material but you'll have fun learning!

Neuroscience can be riveting stuff – you'll be introduced to the newest clinically relevant knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain, backfiring nerves, and 'drug cabinets in the brain'. You will learn about how the immune, sympathetic and cortisol systems are critical in a pain experience. And you will realise how clinically potent you can be with some new skills in therapeutic education and movement.

Closely linked to self-management and health literacy movements, the seminar is delivered in a way in which any professional working in the areas of pain and stress will benefit.

Objectives

The course will teach you:

- To expand the clinical framework of rehabilitation via the paradigms of neuromatrix, pain mechanisms and modern biopsychosocialism.
- To teach biologically based pain management skills under a framework of the sciences of clinical reasoning and evidence from clinical trials, neurobiology and education research.
- To reconceptualise pain and stress in terms of modern neuroscience and philosophy.
- To stimulate an urgent reappraisal of current thinking in rehabilitation, with benefits for all stakeholders in clinical outcomes – the patient, the therapist, the referrer and the payer.
- To teach the core pain management skills of neuroscience

Tutor Profile

Ben is currently a PhD candidate at University of the West of England. He is researching the role of physical rehabilitation in the management of painful diabetic neuropathy. Prior to this he worked for twelve years at Calderdale and Huddersfield NHS Trust as Clinical Lead Physiotherapist in Spinal and Chronic Pain. He is an experienced NOI Instructor, teaching Mobilisation of the Nervous System, Explain Pain and Graded Motor Imagery courses

Course Dates:

6th & 7th June 2015: Nuffield Hospital, Leeds

18th & 19th September 2015: Nuffield Health Support Centre, Epsom

Cost

Fusion Physiotherapists: £255

External Physiotherapists: £285

Book online at www.nuffieldhealth.com/physioacademy