

Outline

Pain as a multifaceted issue and our pain experience

Physiologic and socioeconomic/cultural influences for pain perception
The power of social and emotional connections
How pain changes the brain

Somatosensory neural network illustrated and explained

Pathways that fire together wire together
Pain and emotional integration
Our endogenous opioid system
Somatosensory neurological fiber types and pathways

4 Types of Pain Explained

Mechanical
Inflammation
Neuropathic
Non-organic/psychogenic/neuropsychiatric disorders

Comprehensive and holistic evaluation of the patient and concomitant factors for pain perception and recovery

Physical and neurological exam
Current treatment protocols in the physical and pharmacologic treatment of pain
Acute vs chronic pain
How we heal from injury, inflammation, cell death and repair
Nutrition protocols
Epigenetic, social and cultural influences

Polyvagal theory and nervous system activation

Neuroplasticity and neurogenesis
How to reduce pain from the inside out-ways to effectively treat and modulate the pain experience by rewiring fear avoidance behavior

Objectives

1. Evaluate and treat patients more effectively using a cutting-edge and comprehensive approach to pain management with improved outcomes.
2. Demonstrate somatosensory pathways that modulate pain and sensory information.
3. Analyze how the brain interprets and responds to pain, and how to rewire neural circuitry.
4. Develop skills to employ manual therapy and neuroplasticity techniques to help their patients experience less pain and improve more rapidly.
5. Employ methods to balance muscle tone and function.
6. Integrate evidence-based interventions to effectively treat multiple systems dysfunction techniques and mindfulness exercises to tonify the nervous system that promote mind-body connection.

Manual therapy and pressure techniques that affect pain modulation and recovery
How cranial nerves and lower brain centers affect pain modulation
How to treat tone using golgi tendon apparatus and reciprocal inhibition
Exercises for pairing neurological connections and primitive reflex integration

Clinical case studies

Motor vehicle accident
Coccyx – fracture, subluxation
Shoulder and cervical injury – worker's compensation emotional and social components
Shoulder, cervical and lower back pain – military personnel emotional and chemical factors
Fibromyalgia
Multiple Sclerosis

Experiential Lab: Mindfulness through meditation, movement, breath and art

Breathing to balance the nervous system
Guided mindfulness meditation exercises
Movement – Yoga, Tai chi and exercises
The art of meditation – drawing mandalas

Live Webinar Schedule (Times listed in Central)

9:00 Program begins

12:00-12:30 Lunch Break

4:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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Pain and Neuroplasticity

The Missing Links in Connection and Integration

Live Interactive Webinar

Thursday, June 17, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Pain and Neuroplasticity

The Missing Links in Connection and Integration

- Comprehensive mind-body approach to patient evaluation and management
- Neuroplasticity and manual therapy techniques to rewire the pain experience and promote rapid recovery
- Clinical application of techniques and integrations of mindfulness practices

BONUS! FREE PDF downloads included with your purchase!

- Scripted guided meditation for pain control and healing
- Comprehensive Intake Questionnaire
- Mandala coloring pages for stress reduction

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Pain and Neuroplasticity

The Missing Links in Connection and Integration

Do you have clients who describe their chronic pain like, “my back is KILLING me” or “I just want my life back”? They want a life that isn’t controlled by pain... before it limited their activity, interfered with their sleep, and prompted ongoing usage of pain meds. They want a life that isn’t based on fear of even greater pain and suffering...

For clients with chronic pain, even after the physical injury has healed, when the pain persists, the effects can be devastating.

Transfuse hope into your clients’ lives with these evidence–based interventions that work!

Join nationally recognized neuroplasticity expert Dr. Karen Pryor and Dr. Mica Foster as they provide an in-depth illustration of neuroanatomy that depicts how pain changes the brain. You’ll learn how the circuits integrate, and most importantly, how you can target your techniques to effectively mitigate pain. You’ll discover:

- A framework to connect the missing links between physical injury and neurological integration
- Neuroplasticity and manual therapy techniques for improved outcomes
- Specific tools and strategies to treat pain patients more efficiently and effectively.

With this intensive training that brings together the physical, cognitive and behavioral aspects of pain, you’ll gain cutting–edge assessment and treatment techniques for complex chronic pain that you can use immediately in clinic.

Target Audience:

Physical Therapists • Physical Therapy Assistants • Occupational Therapists
Occupational Therapy Assistants • Chiropractors • Speech Language Pathologists
Athletic Trainers • Other Rehabilitation Professionals



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Meet Your Speakers

Karen Pryor, Ph.D., PT, DPT, ND, CH, CFPS, has practiced for 40 years in the field. Dr. Pryor is an international speaker and owner of Health Sphere Wellness Center, an integrative therapy clinic in Jasper, Tennessee. Involved with orthopedic, chronic pain patients, she developed neuroplasticity techniques that are used in a wide variety of settings, including orthopedic hospitals, out-patient clinic, home health, assisted living centers and nursing homes, to advance neurological – orthopedic programs. She is an author of a book teaching neuroplasticity techniques. Dr. Pryor serves on several boards, including the Tennessee State University Physical Therapy School and Nashville State Community College. In 2010, she received the President’s Volunteer Service Award for her contributions to advanced treatment by President Barack Obama. In addition to her pioneering neuroplasticity work, Dr. Pryor has served as an adjunct professor at Tennessee State University Occupational Therapy School, and Volunteer State Community College Physical Therapy Assistant program. She is a clinical instructor for several universities and colleges. With her years of experience and passion for complete wellness, Dr. Pryor advances a more expansive view of how to integrate therapy throughout the lifespan by using neuroplasticity techniques.

Speaker Disclosure:

Financial: Karen Pryor is owner of Health Sphere Wellness Center. She receives a speaking honorarium from PESI, Inc.
Non-financial: Karen Pryor serves on the Leadership Interagency Council for Early Intervention board.

Mica Foster, DC., graduated from University of Bridgeport College of Chiropractic in 2005. She is also a licensed craniosacral therapist, Reiki Master, HeartMath practitioner and artist. She has a private practice in Hood River, Oregon. She treats a wide array of musculoskeletal disorders with a focus on finding ease and promoting stress reduction. She enjoys teaching “The art of meditation: drawing mandalas” to all ages. She has created “community coloring collaboration” walls to invite community involvement and communication. She has created “custom color pages for the classroom” to decrease stress and increase focus. Her art therapy has been distributed nationwide. Her illustrations have been featured in the book *Ten Fingers Ten Toes Twenty Things Everyone Needs to Know in 2019*.

Speaker Disclosure:

Financial: Mica Foster maintains a private practice. Mr. Foster receives a speaking honorarium from PESI, Inc.
Non-financial: Mica Foster has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Athletic Trainers, Occupational Therapists, Physical Therapists, and Speech Language Pathologists.**

For specific credit approvals and details, visit pesirehab.com/webcast/85140

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This course is offered for .65 ASHA CEUs (Intermediate level, Professional area).

*** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.*

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QUESTIONS

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