



Manitoba Association
Physiotherapy Association
manitobaine de
physiothérapie

PRESENTS

A WORLD OF HURT: A GUIDE TO CLASSIFYING PAIN

COURSE DETAILS:

- **Location:** Room 170 at the School of Rehabilitation Science, University of Manitoba, Winnipeg
- **Dates & Times:** **October 20-21 , 2018 8:30am - 5:00pm**
- **Instructor:** Annie O'Connor, PT, OCS, Cert. MDT

COURSE INFORMATION:

This two-day overview course covers the entire book, "A World of Hurt: A Guide to Classifying Pain" introduces a foundation of information critical to the assessment and treatment of patients with acute, sub-acute, and chronic musculoskeletal pain. Utilizing pain neuroscience research regarding pain mechanisms, this course teaches pain clinicians how to assess and treat pain as it relates to the peripheral and central nervous system mechanisms. This course presents a sub grouping method, the Pain Mechanism Classification System (PMCS), which addresses musculoskeletal pain throughout the continuum from acute, sub-acute and chronic stages covering chemical, structural, mechanical, cognitive, emotional, social, psychological and cortical mechanisms.

The PMCS will guide diagnosis of dominating mechanism and selection of pain neuroscience patient education and active care exercise interventions for each mechanism. The PMCS demonstrated through live patient demonstrations (when available), video, and paper case studies would aid application of principles taught to clinician's clinical practice. This course integrates pain neuroscience research into a biopsychosocial approach, promoting a common language for pain clinicians and patients that reduces patient's disability relative to pain and supports optimal functional recovery and independence. Peripheral nervous system active neurodynamic evaluation, central nervous system sensory and motor evaluation, patient rated outcome measures, and psychometric tools outlined and discussed to diagnosis dominating mechanisms. The PMCS's patient education and active care exercise interventions support all patient ages and diagnoses suffering pain. Documentation guidelines outlined along with goal setting recommendations are included.

Registrants will receive the Course book : "A World of Hurt: A Guide to Classifying Pain" as part of their course fees.

REGISTRATION

CPA MEMBER: \$495.00 +gst
NON- CPA MEMBER: \$742.50 +gst
MPA New Grad. *: \$247.50 +gst
*within 1 year of Convocation;
limited space available

Registration deadline is
September 20, 2018

A maximum of 30 participants.

To Register:

**The Manitoba Physiotherapy
Association**

P: 204-925-5701

ptassociation@mbphysio.org

Payment by Visa, MasterCard or
E-transfer

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Annie O'Connor, PT, OCS, Cert. MDT

Annie O'Connor has co-authored recent 2015 book "A World of Hurt: A Guide to Classifying Pain" and recent September 2016 Journal Article in JMMT "Validation of a pain mechanism classifying system (PMCS) in physical therapy practice". Both publications offer a research supported curative "paradigm shift" in managing Musculoskeletal Pain promoting effective outcomes with significant cost savings. She lectures nationally and internationally on musculoskeletal pain classification and intervention, neurodynamic evaluation and treatment, mechanical diagnosis and therapy of spine and extremities, kinetic chain evaluation, and functional manual therapy and exercise prescription. She was instrumental in establishing the allied health's clinical diagnostic approach for musculoskeletal pain at RIC. She is a member of American Physical Therapy Association in the orthopedic section and canine special interest group, the North American Spine Society (NASS), and McKenzie Institute. She serves on the 10X25 tactile coalition task force to reduce spine related disability by 10% in year 2025 sponsored NASS Spine Foundation

A podcast with the presenter is available at: <http://www.mechanicalcareforum.com/podcast/114>