

Registration Form

Movement Based Approach to Pain
Management
October 21 & 28, 2020

Name: _____

Address: _____

Phone Number: _____

Employer/Facility: _____

Profession: _____

E-mail: _____

Credit Card Information (Circle): VISA MC

Number: _____

Exp Date: _____ Security Code: _____

If paying by cheque, please mail the completed registration form to:

Karen Malenchak
Pain Management Workshop
RR138-800 Sherbrook Street
Winnipeg, MB R3A 1M4
Cheques payable to "HSC Physiotherapy"

If paying by credit card, you may email the required information to: kmalenchak@hsc.mb.ca

Registration Fee

\$80.00

Registration Deadline

October 18, 2020



**For further information please
contact:**

Karen Malenchak
RR138 – 800 Sherbrook Street
Winnipeg, Manitoba
R3A 1M4
204-787-4679
kmalenchak@hsc.mb.ca



Health Sciences Centre
Winnipeg
A Shared Health facility

Virtual Education Opportunity:

MOVEMENT BASED APPROACH TO PAIN MANAGEMENT

Presented by:

Michael Sangster
BSc PT, MBA, DPT
Clinical Specialist (Pain Science)

Wednesday, October 21, 2020

6:30 PM - 8:30 PM

&

Wednesday, October 28, 2020

6:30 PM—8:30 PM

Offered via Zoom Meeting Link

Hosted by:
HSC Winnipeg
Physiotherapy Department

Course Objectives

Upon completion of this course, you will be able to:

1. Understand the current International Association for the Study of Pain definitions for pain mechanisms and be aware of the evidence in support of mechanistic diagnostics
2. Appreciate both the contributors and maintainers of persistent pain, as well as the role of the clinician in targeting these factors
3. Discuss Pain Neurophysiology Education as a foundational therapeutic approach
4. Develop an awareness of language and communication strategies to be used by clinicians working with patients in pain
5. Learn brain based movement approaches in the management of persistent pain
6. Integrate the above clinical skills through case discussion

Course Description

Recent advances in modern pain science have changed our understanding of the role of the brain and the nervous system in the rehabilitation of the patient experiencing persistent pain.

This two-part virtual series will provide the clinician with an understanding of clinically relevant pain science and brain based rehabilitation techniques that target specific pain mechanisms. An in-depth review of the best evidence brain based movement approaches for persistent pain as well as the principles of psychologically informed practice will be provided.

This course consists of a series of lectures, case study, and clinical applications.

Speaker Biography

Dr. Michael Sangster is a Physiotherapist and Clinical Specialist in Pain Science. He is a graduate of the Dalhousie University School of Physiotherapy, the Master of Business Administration program at Saint Mary's University, and the Doctor of Physical Therapy program at Utica College. Michael is the Professional Practice Leader – Physiotherapy and the Physiotherapist on the Complex Pain team at the IWK Health Centre. In addition to his clinical work, he is a contributing chapter author to the Oxford Textbook of Pediatric Pain, a TEDx speaker, and a co-developer of a module of the online pediatric pain curriculum at Sick Kids in Toronto, Canada. He is also an Adjunct Faculty member at the Dalhousie University School of Physiotherapy, the Past Chair of the Board of Directors of the Nova Scotia College of Physiotherapists, a founding member of the Pain Science Division of the Canadian Physiotherapy Association, and a member of the External Advisory Panel of the Canadian Pain Task Force. Michael is passionate about global health and travels annually to resource scarce regions of the world to participate in capacity building initiatives with local clinicians. On his travels he has fulfilled the North American amateur soccer player's dream of being invited to play soccer with South Americans on a beach, hiked the Inca trail, braved a perilous tuk tuk ride in the back streets of Bangkok, played cricket with children in Dharavi, swam with sharks, set the Canadian record for hiking Gros Piton, and survived dengue fever.

