MARIANJOY
PROFESSIONAL EDUCATION SERIES

Breaking the Cycle of Pain
2-DAY COURSE

FRIDAY, MARCH 11, 2011
Evidence-based Strategies for Effective Management of Chronic Pain
7 CEUs: PT/PTA, OT/OTA, Social Workers

SATURDAY, MARCH 12, 2011
Sacroiliac Joint Dysfunction
6 CEUs: PT/PTA

Instructional Level: Basic to Intermediate

MARIANJOY CONFERENCE CENTER
Outpatient Pavilion
Marianjoy Rehabilitation Hospital • 26W171 Roosevelt Road • Wheaton, Illinois 60187
800-462-2366
March 11, 2011
Day 1: Evidence-based Strategies for Effective Management of Chronic Pain
Intended for all OT/OTA, PT/PA and Social Workers to identify strategies that can readily be integrated when working with individuals who present with persistent or chronic pain.

Course Description
Patients with chronic or persistent pain present a unique challenge to the clinician. This course will provide you effective, evidence-based treatment tools that you can immediately put to use to treat your patients who present with persistent or chronic pain. The physical, behavioral and psychosocial aspects of chronic pain will be explored, enabling you to develop a plan of care that really works for this patient population. A multifaceted approach that includes the Seven Habits of Highly Effective Pain Management will be discussed. Breakout sessions and opportunities for hands-on experiences will be utilized to help participants bridge the gap between evidence and integration into clinical practice.

Course Objectives:
Upon completion of this course participants will be able to
1. Describe the difference between acute and chronic pain.
2. Discuss the evidence regarding neuroplasticity and how it applies to clinical practice.
3. Recognize common findings consistent with chronic or persistent pain.
4. Describe how to incorporate the psychological aspect of chronic pain into a plan of care.
5. Explain how nutrition can have a positive and negative impact on managing chronic pain.
6. Apply The Seven Habits of Highly Effective Pain Management to a plan of care.
7. Identify ways to integrate neural mobilization into a plan of care (Break out Session A).
8. Identify ways to effectively integrate core stabilization into a plan of care (Break out Session B).
9. Identify ways to integrate alternative exercise (Qigong) into a plan of care (Break out Session C).

March 12, 2011
Day 2: Sacroiliac Joint Dysfunction
Intended for Physical Therapists/Assistants to address sacroiliac dysfunction that is commonly overlooked in this population. A large component of this day will be spent in hands-on application of both assessment and technique.

Course Description
This hands-on course is designed to address both acute and chronic sacroiliac dysfunction, and will describe signs, symptoms and common co-morbidities associated with it. Through lecture and lab, anatomy and kinesiology of the sacroiliac joint will be reviewed and integrated into evidence-based practice to guide the therapist through evaluation and treatment strategies. Case examples outlining the importance of addressing the sacroiliac joints for improved function and decreased pain will be presented. This course will simplify this complex region of the body and give the clinician a set of effective tools to use with confidence.

Course Objectives:
Upon completion of this course participants will be able to
1. Identify co-morbidities and/or risk factors of SIJ dysfunction.
2. Describe the importance of sacroiliac mobility in patients with both acute and persistent pain and in improving functional activities.
3. Perform a simple screen for sacroiliac dysfunction.
4. Conduct a SIJ assessment as part of your evaluation.
5. Perform muscle energy techniques and joint mobilization techniques.
6. Develop a comprehensive treatment plan for individuals with sacroiliac dysfunction.
Course Agenda Day 1: March 11, 2011
Evidence-based Strategies for Effective Management of Chronic Pain

7:30 A.M.  REGISTRATION & BREAKFAST
8:00 A.M.  INTRODUCTION/COURSE LOGISTICS
8:15 A.M.  DIFFERENCES BETWEEN PERSISTENT PAIN AND ACUTE PAIN – Jeffrey E. Oken, MD
9:15 A.M.  PAIN MANAGEMENT PHILOSOPHY – Jeffrey E. Oken, MD
10:15 A.M. BREAK
10:30 A.M. PSYCHOLOGICAL ASPECTS OF PAIN – Angelique Strand, PhD
11:30 A.M. NUTRITION AND PAIN – Nancy Calderon, RN, BSN, CCM
12:00 P.M. LUNCH (Provided)
12:45 P.M. TIPS & TOOLS FOR PHYSICAL TREATMENT OF CHRONIC (OR PERSISTENT) PAIN – Lisa Schwarz, PT, MHPE, OCS, ATC & Marni Kretzschmar, PT
• Common findings in patients with persistent pain and how to screen for these conditions
• Pain Management Tools and Self Treatment
• Incorporating psychological aspects of pain into your plan of care
2:15 P.M.  BREAK
2:30-4:00 P.M.  BREAK-OUT SESSIONS (Register for 1 session.)

BREAK-OUT SESSION A: Neural Mobility – Prutha Nanavati, MPT & Karen Hendrickson, PT
This session will focus on an evidence-based approach to patient management using neurodynamic techniques. Classic baseline tests will be reviewed as well as some of the newer techniques and ways to integrate them into your clinical decision making process.

BREAK-OUT SESSION B: Core Strength and Dynamic Mobility – Lisa Schwarz, PT, MHPE, OCS, ATC & Marni Kretzschmar, PT
Participants will learn how to isolate the deep spinal stabilizers, assess the quality of the muscle contraction, and facilitate the use of these muscles. Motor control strategies in the trunk and how to progress core stabilization through higher level dynamic functional activities will be discussed.

BREAK-OUT SESSION C: Qigong – Lori Stuart, PT
This session will cover the principles of Qigong, an ancient Chinese system of healing and energy medicine, and the evidence that supports its use with patients with chronic conditions. Participants will learn several breathing techniques and gentle exercises to facilitate improved energy flow and enhance pain management.

4:00-4:30 P.M.  PULLING IT ALL TOGETHER/ADJOURN Q & A

Course Agenda Day 2: March 12, 2011
Sacroiliac Joint Dysfunction

Presented by Lisa Schwarz, PT, MHPE, OCS, ATC , Karen Hendrickson, PT & Marni Kretzschmar, PT
NOTE: We suggest that the participant wear suitable clothes so the SI joint can be examined and treated during the lab sessions.

8:00 A.M.  REGISTRATION & BREAKFAST
8:30 A.M.  WELCOME/COURSE OVERVIEW
8:40 A.M.  ANATOMY AND KINESIOLOGY REVIEW
9:45 A.M.  BREAK
10:00 A.M.  DIFFERENTIAL DIAGNOSIS OF SACROILIAC DYSFUNCTION
10:30 A.M.  PALPATION LAB
10:55 A.M.  SPECIAL TESTS: ILIOSACRAL AND SACRAL
12:00 P.M.  LUNCH (Provided)
12:45 P.M.  SPECIAL TESTS: FLEXIBILITY, MOTOR CONTROL, NEURAL MOBILITY, ETC
1:15 P.M.  INTERPRETATION AND TREATMENT INTERVENTIONS (LECTURE)
1:30 P.M.  BREAK
1:45 P.M.  TECHNIQUES TO ADDRESS UPSLIPS/DOWNSLIPS
2:10 P.M.  TECHNIQUES TO ADDRESS PUBIC AND INNOMINATE DYSFUNCTIONS
2:45 P.M.  TECHNIQUES TO ADDRESS SACRAL DYSFUNCTIONS
3:30 P.M.  PULLING IT ALL TOGETHER: CASE STUDIES
4:00 P.M.  ADJOURN

Continuing Education Units:
PT: This course is offered for 7 continuing education contact hours. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified that Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above named course as a Continuing Education offering.

OT: This course has been submitted for approval for 7 continuing education hours for occupational therapy practitioners by the Illinois Occupational Therapy Association.

Social Work: This course has been approved for 7.0 Social Work CEUs. Marianjoy Rehabilitation Hospital is Registered Social Worker Continuing Education Sponsor with the State of Illinois Department of Financial and Professional Regulation: Provider License Number 159.001019
Presenters:

Dr. Jeffrey E. Oken, MD is the Medical Director of Outpatient Rehabilitation and Medical Director of the Integrated Pain Treatment Center at Marianjoy Rehabilitation Hospital. He is Board certified in Physical Medicine and Rehabilitation with a subspecialty certification in Spinal Cord Medicine and Pain Medicine. Dr. Oken also practices Acupuncture for pain treatment.

Angelique Strand, Ph.D. is a licensed clinical psychologist with a Ph.D. in Counseling Psychology. She is a clinical psychologist with Marianjoy’s Integrative Pain Treatment Center, has been part of the Marianjoy Medical Group specializing in chronic pain, spinal cord injury and subacute rehabilitation.

Nancy Calderon, RN, BSN, CCM is a case manager for the Marianjoy Integrative Pain Treatment Center. She has lectured on fibromyalgia and the importance of nutrition in the management of chronic pain.

Karen Hendrickson, MS, PT is a physical therapist with over 30 years of clinical experience in orthopedic dysfunction and chronic pain management. She works in the Integrative Pain Treatment Center and has presented on a variety of topics including fibromyalgia, chronic pain, sacroiliac joint dysfunction, and arthritis.

Marni Kretschmar, PT is a physical therapist with over 25 years of clinical experience in orthopedic dysfunction. She works in the Integrative Pain Treatment Center and has presented on a variety of topics including manual therapy, chronic pain management, cranio-sacral therapy and visceral manipulation.

Prutha Nanavati, MPT is a physical therapist with a Masters in Orthopedics, Sports and Manual Physiotherapy from Adelaide, Australia. She works in the Marianjoy Integrative Pain Treatment Center, and has presented courses on neural mobilization and sacroiliac dysfunction.

Lisa Schwarz, PT, MHPE, OCS, ATC is a physical therapist with a Masters of Health Professions Education degree, board certification in orthopedics and an athletic trainer certification. She has over 20 years experience primarily in outpatient orthopedics and chronic pain, including eight years experience in teaching physical therapy. Lisa is the Program Coordinator at the Marianjoy Integrative Pain Treatment Center. She has presented on a variety of topics including manual therapy, sacroiliac joint, foot and ankle, clinical education, professional development, neural mobilization, core stabilization, injury prevention, and evidence-based practice.

Lori Stuart, PT is a physical therapist with over 20 years of experience primarily in outpatient orthopedics and chronic pain. She works in the Integrative Pain Treatment Center specializing in cranio-sacral therapy.

Cancellation/Refund Policy

A tuition refund less $30.00 administrative fee is available if your cancellation request is received in writing within 7 days before the program date. No refunds will be granted after that date. In the unlikely event that Marianjoy must cancel an educational event for any reason, you will receive a full refund of your paid event tuition. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.

Registration Form

Space is limited. Registration is required. Refreshments and lunch included.
Registration Deadline: MARCH 4, 2011

- SINGLE REGISTRATION FEE: Day One: $190  Two Day: $380
- EARLY REGISTRATION FEE (Received by March 1, 2011): Day One: $170  Two Day: $342
- MULTIPLE REGISTRATION FEE (2 or more from one facility): Day One: $180 per registrant  Two Day: $360 per registrant

Registration Information Online: www.Marianjoy.org

Mail Registration: Mail completed form with check to:
Marianjoy Rehabilitation Hospital
26W171 Roosevelt Road
Wheaton, IL 60187
Attrn: Angela Killian, Director, Clinical Education and Development

Check Enclosed Payable To “Marianjoy Rehabilitation Hospital”

Please Charge My Credit Card  □ VISA  □ MASTERCARD

Account Number ________________________________

Exp. Date ________________________________

Name on Card ________________________________

Signature ________________________________

Fax Registration: (630) 909-7101

Registration Questions? Phone (630) 909-7504

Name ________________________________

Discipline:  □ OT  □ OTA  □ PT  □ PTA  □ Social Worker

Day 1 Breakout Sessions:
2:30 – 4:00 P.M. (select one)  □ A  □ B  □ C

Organization ________________________________

Address ________________________________

City/State/ZIP ________________________________

Phone ________________________________

E-Mail ________________________________

Require Special Accommodations (Please Specify): ________________________________