

NOI- *Neuro Orthopaedic Institute*

Explain Pain Course

Saturday, April 29, 2017

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Sunday, April 30, 2017

Instructor:

Robert Johnson, PT, MS, OCS

Sponsored by:

**Mary Free Bed Rehabilitation Hospital
350 Lafayette Ave. SE, Conference Center
Grand Rapids, MI 49503**

Restoring Hope and *Freedom*
Mary Free Bed
Rehabilitation Hospital

The Explain Pain two day seminar expands on Butler and Moseley's popular book of the same name. This seminar extracts novel paradigms, therapeutic stories and strategies from the neuroscience revolution for use to facilitate conceptual change for both patient and provider. 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 such as physiotherapists, occupational therapists, doctors, chiropractors, rehabilitation counsellors and lawyers will benefit. Neuroscience can be fun. You'll be introduced to the newest knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems are critical in a pain experience. Patients can understand far more neuroscience than most health professionals realize meaning that potent coping strategies may not be getting to the public. Explain Pain provides a way of knowledge transition. The course also includes the graded motor imagery program of laterality reconstruction, motor imagery and mirror therapy - exciting and novel ways to engage the brain based processes known to be involved in neuropathic pain.

The NOI *Explain Pain* course is based on David Butler and Lorimer Moseley's book [Explain Pain Second Edition](#) and [The Explain Pain Handbook: Protectometer](#).

All NOI courses are supported by quality workbooks, graphics and web resources.

Course aims

1. To expand the clinical framework of rehabilitation via the paradigms of neuromatrix and pain mechanisms.
2. 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.
3. To reconceptualise pain in terms of modern neuroscience and philosophy.
4. 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.
5. To teach the core pain management skills of neuroscience education.

Intended audience:

All professionals working with patients or clients in acute and chronic pain and stress states. Including but not limited to; physical therapists, physical therapy assistants, occupational therapists, occupational therapist assistants, physicians, psychologists, rehabilitation counsellors, nurses

Instructor:



Bob Johnson PT, MS, OCS is co-owner and clinical director of Achieve Orthopedic Rehab Institute in Chicago, Illinois. His seven out-patient offices focus on manual therapy and exercise interventions for acute/chronic pain of the spine and extremities. Bob has been practicing since 1979 and currently directs an APTA credentialed Orthopedic physical therapy residency program in addition to treating patients and teaching a ten month long-term manual therapy seminar in Chicago.

He is a former faculty member of Northwestern University Medical School and past Chair of the Orthopedic Specialty Council, American Board of Physical Therapy Specialties. Bob is also a current adjunct faculty member for the University of Southern California Spine Fellowship program.

Bob has been a 'nerve-head' for a really long time, and has taught with David Butler and the NOI team since 1999. He teaches Mobilisation of the Nervous System, Clinical Applications LQ & UQ, Neurodynamics & the Neuromatrix, Explain Pain and Graded Motor Imagery courses.

Course Program:

Saturday, April 29 - 8:30am – 5:00pm

- Registration/ continental breakfast 8:30 – 9:00am
- Conceptual change and the biopsychosocial approach
- How does the nervous system work?
- Narratives from Neuroscience 1. Tissue issues, nociception and pain
- Narratives from neuroscience 2 “I have got a pinched nerve”
- Narratives from neuroscience 3 “It’s all in your head”

Sunday, April 30 - 9am - 4pm

- Registration/ continental breakfast 8:30 – 9:00am
- Narratives from neuroscience 4 - “Peturbations in homeostasis”
- Therapeutic neuroscience education
- Biologically based graded exposure (pacing)
- Virtual body exercises

Continuing Education Credits/Units

- Mary Free Bed Rehabilitation Hospital will seek MPTA Credit for the course through the Michigan Physical Therapy Association for physical therapy education in Michigan.

Registration Information

Cost for the 2 day course is \$495.00

Please follow the link below to register. (Registration is only available through this link)

<https://expmgmtsrv.com/registration/838-2/>

Questions: Bonita Pawloski 616-840-8292 or bonita.pawloski@maryfreebed.com **OR** Monica Rykse 616-840-8851 or monica.rykse@maryfreebed.com

Airport and Hotel Information

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand Rapids area including but not limited to:

AMWAY GRAND PLAZA HOTEL - 0.9 mi from

Mary Free Bed

187 Monroe Ave. NW, Grand Rapids, MI 49503
(616) 774-2000

HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504
(616) 235-7611
Downtown Grand Rapids at 131 and Pearl Street,
1 mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe NW, Grand Rapids, MI 49503
(616) 242-6000 or (800) 321-2211
Downtown Grand Rapids at Fulton and Monroe,
1 mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503
(616) 451-2300

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Pl. NE, Grand Rapids, MI 49503
(616) 456-2000
1 mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Avenue SW, Grand Rapids, MI 49548
(616) 871-9700
South of downtown Grand Rapids at 131 and 68th
Street, 9 miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Dr., Grand Rapids, MI 49544
(616) 785-1600 or (888) 287-9400
springhillsuites.marriott.com
5 miles north of downtown Grand Rapids at I-96
and Alpine

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI
49512
(616) 464-3200
8 miles east of Mary Free Bed and downtown
Grand Rapids, located at 29th Street and Lake
Eastbrook Blvd.

SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512
(616) 975-9000
8 miles east of Mary Free Bed and downtown
Grand Rapids, located at 29th Street and
East Paris