

## Explain Pain

### A two-day interactive seminar

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

The Explain Pain course is based on David Butler and Lorimer Moseley's book of the same name. The presenter will help you understand how the pain system works when there are injured tissues and nerves, and what happens in the brain in relation to pain experiences. You will also hear about the impact of stress in relation to pain. The seminar is delivered in a way in which any professional working with patients or clients in pain can utilise.

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 can be critical in pain experiences.

The provision of pain knowledge to patients is an effective evidence based treatment tool. Patients can understand far more than most health professionals realise. The therapeutic tools taught on this course are educating patients about how they can use their pain in an effective way, even if it is 'in their head', graded exposure to stimuli which evoke pain and also included are virtual body exercises - exercise your synapses not just your muscles.

### Course aims / objectives

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.

### Enhancing your course outcomes

A strength of the Explain Pain course is that participants come from many professions, so please come with an open mind. It is highly recommended that registrants read *Explain Pain Second Edition* (Butler & Moseley 2013) before the course.

Halifax NS Canada

6-7 October 2018

With Luke Bongiorno

**Venue** Royal Bank Theatre  
Halifax Infirmary Site  
1796 Summer Street, Halifax NS

**Cost** \$661.25 (\$575 + GST)  
Includes workbook and refreshments,  
street parking available.

**Host** Nova Scotia Orthopaedic Section  
Jennifer Wade | 1 (902)425-3065  
nsorthosectioncourses@gmail.com

**This course is open to** all professionals working with patients or clients in acute and chronic pain and stress states, for example, physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors.

### To register

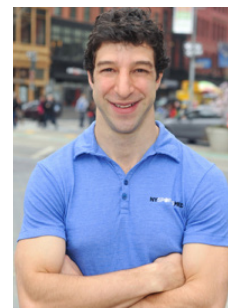
**Complete the application form overleaf**

**Or, lodge an online 'Enquiry' via [noigroup.com/courses](http://noigroup.com/courses).**

### Luke Bongiorno

One of New York City's most prominent physical therapists, Luke practices a 'hands-on' approach, combining his advanced manual skills, including trigger point therapy and myofascial release with neuromuscular/exercise re-education, optimizing his patient's recovery and performance. Luke teaches advanced skills courses in Manual Therapy throughout the globe. Among the most highly regarded in his field, Luke is in demand internationally as an educator, certifying other therapists at a mastery level in advanced manual skills. Luke has a strong belief that education improves the quality of his industry.

*"Luke Bongiorno's sense of humor and positive attitude lets you intuitively know he can and will help you – both physically and emotionally – through your tough time. Thank you Luke for making such a difference in my health."*



*"I've worked with 7 different PTs over 3 years on a challenging shoulder rehab. Luke stands above the rest. His focused and personalized attention helped me understand the why and how of my rehab so I could get back to the activities I enjoy and maintain a healthy fitness plan for the long run."*

*'Luke has been a long term associate of mine, he's a skilled PT with years of experience treating the stars. His laid back Aussie style belies, or perhaps even powers up, his strengths as a great educator and clinician.'*

*You can't go wrong doing a course with Luke!*

*David Butler*

## course registration form one form per registrant

Explain Pain | Halifax NS Canada | Saturday 6 - Sunday 7 October 2018 | Luke Bongiorno

**Venue** Royal Bank Theatre Halifax Infirmary Site, 1796 Summer Street, Halifax NS  
**Time** Day One registration 8am, seminar 8:30am to 5pm | Day Two seminar 8:30am to 5pm  
 - Host will advise any time changes in advance  
**Cost** \$661.25 (tax inclusive) includes workbook and refreshments  
**Enquiries** Jennifer Wade, Nova Scotia Orthopaedic Section, 1(902)425-3065, [nsorthosectioncourses@gmail.com](mailto:nsorthosectioncourses@gmail.com)

**Your details**

Date \_\_\_\_\_ Title \_\_\_\_\_  
 Name (as it will read on your certificate) \_\_\_\_\_  
 Professional designation \_\_\_\_\_  
 Organisation \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone (work hours) \_\_\_\_\_ (after hours) \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_ Zipcode \_\_\_\_\_  
 Medical dietary allergies \_\_\_\_\_

**Payment**

**CHEQUE (no e-transfer available)**  
 \$661.25 (tax inclusive) per person  
 Make payable to:  
 Nova Scotia Orthopaedic Section  
 Post with registration form to:  
 Jennifer Wade  
 6178 Quinpool Rd  
 Halifax NS B3L 1A3  
 Canada

How did you hear about this course?

- NSOS communication
- NOI communication
- Colleague
- Facebook
- Twitter
- Other

**Terms and conditions**

- Registrant cancellation:
  - > Up to 21 days prior to the course – NSOS will refund the course fee less a \$50.00 admin fee.
  - > Eight to 20 days prior to the start of the course – NSOS will refund 50% of your course fee.
  - > Within seven days of the start of the course – no refund, however, your registration may be transferred to a colleague, in which case they will need to submit their own registration form with contact and dietary details.
- In the event of NSOS having to cancel the course due to unforeseen circumstances notification will be sent as soon as possible via your contact details provided and registrants will receive a full refund of the course fee.
- Course places are secured once payment has been successfully processed.