

Neuro Orthopaedic Institute (NOI) Australasia has a core philosophy to provide progressive, current material, always challenge existing management protocols, promote professional reinvestment, and to ensure that course participants benefit from the most recent research and clinical thinking in an educationally sound and fun way. Noigroup Publications has grown from the demand for resources to support our education system and emerging research. Current NOI research directions are in internet education, public health literacy education, graded motor imagery and neurodynamics.

# Explain Pain

## A two-day interactive seminar with Sam Steinfeld

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

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.

### Course instructor

Sam Steinfeld graduated from the University of Manitoba, School of Medical Rehabilitation in 1979. After four years working in a general hospital and rehabilitation hospital setting, he joined the Sports Physiotherapy Centre in 1983, becoming a practice partner in 1985. In 2012 Sam began working with Centric Health Sports Therapy and Wellness in Winnipeg and continues to work there as a staff physiotherapist.

Sam has been a physiotherapy consultant to professional sport teams in Winnipeg in the past and currently is physiotherapy consultant to Canada's Royal Winnipeg Ballet. He started assisting David Butler teaching NOI courses in Canada in 1997.

### Enhancing your course outcomes

A strength of the *Explain Pain* course is that participants come from many professions, so come with an open mind. Pre-reading the *Explain Pain* book would also be ideal. **Other recommended reading** Moseley GL et al 2004 *A RCT of intensive neurophysiology education in chronic low back pain*. *Clinical Journal of Pain* 20:324-330



Photo courtesy Randal Kurt

## Vancouver, Canada | 28-29 April 2016

**Venue** Hycroft, 1489 McRae Avenue, Vancouver BC  
[www.uwcvancouver.ca](http://www.uwcvancouver.ca)

**Cost** CDN \$497 (inc. GST)  
Includes workbook and catered lunch.  
*No refunds after March 31 | Last day to register April 14*

**Host** Kathleen Leachman RMT  
E [kath333@shaw.ca](mailto:kath333@shaw.ca) | T 604 980 9425

**Credits** 14 credit hours applicable to this course.  
RMT credits: 10PD/A2

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, psychologists, rehabilitation counsellors, doctors, nurses, injury lawyers and massage therapists.

### To register

- Contact the course host directly,
  - Complete the application overleaf, or
  - Lodge an 'Enquiry' via [www.noigroup.com/courses](http://www.noigroup.com/courses)
- Places are limited and are confirmed on payment.*

### Payment

**Canadian residents** – cheque or e-transfer to course host: Kathleen Leachman, [kath333@shaw.ca](mailto:kath333@shaw.ca) or address 409-1150 E. 29th St. North Vancouver, BC, Canada V7K 3E2

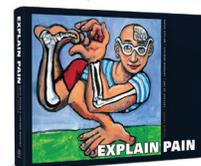
**US participants** – due to the fluctuating exchange rate and large number of participants, US participants must pay with a bank draft in Canadian currency as change can't be made at the time of registration.

## Explain Pain Second Edition

*Butler & Moseley, Noigroup Publications (2013)*

A ground-breaking concept in its content and presentation, *Explain Pain* aims to demystify the process of understanding and managing pain. It brings the body to life in a way that makes an interesting read for therapists and pain sufferers alike.

Order via [noigroup.com](http://noigroup.com) or contact Laurie Urban of the NOI Canada branch: [noigroup.com/page/noica](http://noigroup.com/page/noica)





# noi

Healthy notions of self through neuroscience knowledge

## course registration form one form per registrant

### **Explain Pain two-day course presented by Sam Steinfeld**

**Date:** Thursday and Friday, 28-29 April 2016  
**Time:** Thursday 8:30am to 5pm (Registration 8:30 - 9am) | Friday 9am to 4:30pm  
**Venue:** Hycroft, 1489 McRae Avenue, Vancouver BC [www.uwcvancouver.ca](http://www.uwcvancouver.ca)  
**Cost:** \$497 (inc. GST) Includes workbook and catered lunch  
*No refunds after March 31 | Last day to register April 14*  
**Host:** Kathleen Leachman | E [kath333@shaw.ca](mailto:kath333@shaw.ca) | T 604 980 9425

To register for this course, please complete the form and follow instructions for payment.

Date \_\_\_\_\_

Title (Mr/Ms/Dr): \_\_\_\_\_ First Name \_\_\_\_\_ Last name \_\_\_\_\_

Professional designation \_\_\_\_\_

Organisation \_\_\_\_\_

Email \_\_\_\_\_

Phone (work hours) \_\_\_\_\_ (after hours) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

## payment

*No refunds after March 31 | Last day to register April 14*

### **CANADIAN RESIDENTS**

Cheque or e-transfer to course host:  
Kathleen Leachman  
[kath333@shaw.ca](mailto:kath333@shaw.ca)  
409-1150 E. 29th St. North Vancouver,  
BC, Canada V7K 3E2

### **US PARTICIPANTS**

Due to the fluctuating exchange rate and large number of participants, US participants must pay with a bank draft in Canadian currency as change can't be made at the time of registration.

## Terms and conditions

- No refunds after 31 March 2016 | Last day to register 14 April 2016
- Registrant cancellation: up to and including March 31 – course organiser will refund the course fee less a \$50.00 administration fee. After March 31 – no refund, however, your registration may be transferred to a colleague, in which case they will need to submit a registration form so we have their contact details.
- In the event of 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.