

NOI's core philosophy is to create and provide evidence-based multimedia resources and courses for the treatment of pain. NOI reinvests directly into ongoing research in pain literacy education, graded motor imagery and neurodynamics.

# Pain, Plasticity & Rehabilitation

Altered outputs of the damaged nervous system:  
the forgotten problem of pain in neurological rehabilitation

**A two-day course presented by Brendon Haslam  
Melbourne (Thomastown) VIC, Australia | 23-24 February 2019**

This lecture, practical and interactive course devised by Brendon Haslam and David Butler, is about developing management strategies for the neurological patient with pain. It will help you to understand how the pain system works, the notion of pain as an output, and how this fits with neurological diagnoses/conditions. The relationship of pain to other homeostatic and response systems such as the immune and endocrine systems, cognitions and language will be introduced.

We know from research that neurological populations (such as Stroke, Spinal Cord Injury, Parkinson's Disease and Multiple Sclerosis) experience higher incidences of chronic pain than that of the neurologically intact population. The addition of pain compounds the already disabling effects of the neurological condition, causing greater functional difficulties in task performance. Despite this, clinical guidelines remain consistently vague with regards to recommendations as to how to address this significant problem, and it is too often neglected in patient care.

This course will cover assessment and management strategies for this population, utilising strategies such as graded motor imagery, sensory retraining, and neuroscience education. You will learn how to utilise these strategies to influence pain and other outputs as appropriate, develop ideas of progression, and, importantly, learn how these fit within the rehabilitation model utilised in neurological rehabilitation, in both the acute and long-term setting.

## Course aims

1. To introduce the concept of pain as one of many output systems that may be perturbed in neurological patients.
2. To expand the clinical framework of neurological rehabilitation to incorporate pain rehabilitation, via the paradigms of neuromatrix and pain mechanisms.
3. To reconceptualise pain in terms of modern neuroscience and philosophy.
4. To introduce an array of established and novel treatment strategies targeting the neurological patient with pain, based on clinical reasoning and evidence from clinical trials and neurobiology.
5. To introduce the role of education in effective pain treatment, based on current research.

## Course Programme – Day 1

- Pain in the Neurological Population: incidence, classification and impact
- Biopsychosocialism and use of paradigms
- Nociceptive, Neuropathic and Neuroplastic Pain: What does it all mean?
- Pain and the damaged nervous system: central pain mechanisms
- Sensory profiling and retraining
- The output and homeostatic pain mechanisms

## Course Programme – Day 2

- Environment enrichment and spatial perception
- Graded Motor Imagery: 'Sliding under the radar'
- Peripheral sensitisation
- Therapeutic Neuroscience Education: 'Taking the threat out of pain'

**Prerequisites / Enhancing your course outcomes:** while there are no formal pre-requisites for this course, PPR is applicable to health professionals ideally with clinical experience in treating neurological patients and a desire to manage associated pain states. Pre-reading recommended: *Explain Pain Second Edn*, Butler & Moseley, Noigroup Publications (2013), ISBN 978-0-9873426-6-9



**INSTRUCTOR**  
**Brendon Haslam**  
B AppSc (Physio)  
M Physio (Neurological)

Brendon has been working in combined neurological and pain rehabilitation since 1997, during this time completing his Masters in Neurological Physiotherapy (2000) at the University of Melbourne. Since 2002 Brendon has been teaching post graduates and has furthered his training in numerous treatment approaches including Bobath and Proprioceptive Neuromuscular Facilitation.

Brendon's particular interest is in developing treatment approaches for the neurological patient with pain and he is currently undertaking his PhD exploring contributions to, and neural processing of pain in stroke.

## COURSE CO-AUTHOR David Butler

As director of NOI, David has an international reputation for innovative clinical thinking, translation of basic science findings into real world applications, and being able to communicate both like no-one else. David is author and co-author of several books, and has developed and implemented pain science curricula for undergraduate and post-graduate programmes.

**Date** Sat 23 February– Sun 24 February

**Venue** NeuroRehab Allied Health Network  
76 Mahoneys Road, Thomastown

**Cost** \$850 [INCL. GST] per registrant Includes catering and workbook.  
\$750 EARLY BIRD PRICE  
register before - 1st December 2018

**Host** Steve Woollard  
mail@nrah.com.au  
Telephone (03) 9361 2234

**To express interest or register please contact the course host directly, or lodge an enquiry via [www.noigroup.com/courses](http://www.noigroup.com/courses)**

## Course Requirements

Participants are required to bring a laptop, iPad or Android device preloaded with a Noigroup Recognise™ App of their choice (6 body part options) – available for iOS or Android, phone or tablet from [noigroup.com](http://noigroup.com). Recognise™ Apps contain advanced toolsets for the first two stages of Graded Motor Imagery, has many new clinician features and streamlines patient use and treatment.

## course registration form one form per registrant

[PPR-MEL]

### ***Pain, Plasticity & Rehabilitation | Melbourne (Thomastown) VIC | 23-24 February 2019 with Brendon Haslam***

**When:** Saturday 23<sup>th</sup> 8:30am to 5pm (Registration 8:30 to 9am) | Sunday 24<sup>th</sup> 9am to 4:30pm

**Venue:** NeuroRehab Allied Health Network, 76 Mahoneys Road, Thomastown VIC 3074

**Cost:** \$850 (GST inclusive). Cost includes catering and workbook  
\$750 EARLY BIRD PRICE for registrations before 1st December 2018

**Enquiries:** Steve Woollard | *mail@nrah.com.au* | Telephone (03) 9361 2234

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

Date \_\_\_\_\_

Title \_\_\_\_\_ Name \_\_\_\_\_

*Please note – this name will be the one used on your certificate of attendance.*

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

Organisation \_\_\_\_\_

Email \_\_\_\_\_

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

Address \_\_\_\_\_

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

Food allergies \_\_\_\_\_

## payment

### **DIRECT TRANSFER**

Account Name:  
Neuro-Rehab At Home Pty Ltd  
BSB: 033-505  
Account Number: 103743

### **CREDIT CARD**

Fax this form including credit card payment details to (03) 8361 9200

Amount Paid \$ \_\_\_\_\_

Name on card \_\_\_\_\_

Card no. \_ \_ \_ \_ - \_ \_ \_ \_ - \_ \_ \_ \_ - \_ \_ \_ \_

Expiry \_ \_ / \_ \_ CVC \_ \_ \_ Signature \_\_\_\_\_

## terms and conditions

### **NOI COURSES AUSTRALIA**

- Registrant cancellation: Up to 21 days prior to the start of the course – NOI will refund the course fee less a \$50.00 administration fee. Eight to twenty days prior to the start of the course – NOI will refund 50% of your total cost. Within 7 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 a registration form so we have their contact details.
- In the event of NOI 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.
- Please note the NOI office is open Tuesday to Friday.