

PAIN SCIENCE IN PRACTICE



WITH
LORIMER MOSELEY

Vancouver, 27–28 September

San Francisco, 5–6 October

New York City, 12–13 October

2024

COURSE SCHEDULE

*Schedule as at March, 2024. Subject to change.
Refreshment and lunch breaks provided.*

Day One

Introduction, expectations, objectives, ice-breakers, definitions (30 mins)

Modern pain science education – the essential pain facts and where they came from (90)

Key learning theories to guide pain education – targeting and evaluating learning (90)

Essential pain facts 1 – 2 (90):

- Peripheral sensitization
- Pain System hypersensitivity

Essential pain facts 3 – 4 (90):

- Modulators of pain system sensitivity
- Mediators of pain system sensitivity

Discussion/problem solving/questions (90)

A glimpse into the future of clinical practice

- Modern pain education approaches
- New resources and clinical tools to optimise intervention
- Tips and tricks to enable and empower patients

Day Two

Recap (30 mins)

The Fit for Purpose model (90)

Practical tools to promote learning (90):

- Virtual reality
- Protectometer
- Role plays
- Class activities

Assessing and refining body-related neural networks (90)

Graded movement and loading; using the Protectometer to optimize adaptation (90)

Discussion/problem solving/questions (30)