



CLINICAL CONFERENCE 2014: PAIN

THE ONLY PHYSICAL THERAPY PAIN
CONFERENCE IN THE UNITED STATES

JUNE 20-22, 2014 | MINNEAPOLIS, MN

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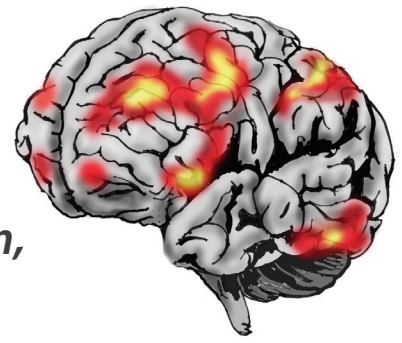
MINNEAPOLIS/BLOOMINGTON

3900 American Blvd. West
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Tired of the "typical" conference?

**Lots of research and concepts,
but little to no clinical application?**



**Join us for a conference dedicated to you, the clinician,
and your patients. Immediate clinical application
of best-evidence research!**

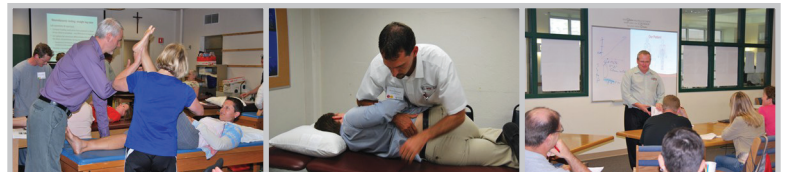
The **CLINICAL CONFERENCE** aims to provide attendees with a memorable experience, which will include vendors, door prizes, snacks/beverages, lunch as well as a conference reception.

The target audience for the conference is physical therapists and physical therapy assistants. CEUs applied for and pending approval. ISPI is not an AOTA, BOC or CME provider.

CEUs: Applied to the Minnesota State PT Associations for approval of 1.5 contact hours for Friday; 8 hours for the day-long conference Saturday and 4 hours for the post-conference Sunday. Conference total 13.5 hours

Cancellation Policy: If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date. Please see www.ISPIInstitute.com for complete cancellation policies.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.



Be sure to check out our **Early Early Bird & Early Bird Discount** options on the [backpage!](#)

Why Minneapolis?

Minneapolis is centrally located in the United States which makes it accessible via both East and West Coast as well the central states and Canada.

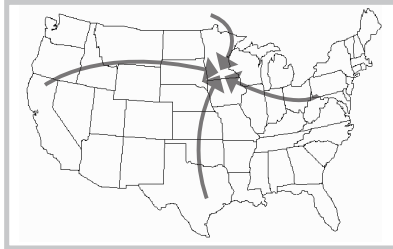
Airport - Minneapolis Saint Paul International Airport (MSP)
<http://www.mspairport.com/>

Lodging - A block of rooms has been reserved for a special rate at the conference venue.

Hilton Minneapolis/Bloomington
3900 American Blvd. West
Bloomington, MN
952-893-9500

<http://www.hilton.com/en/hi/groups/personalized/M/MSPBWHF-ISPI-20140620/index.jhtml>

Complimentary Airport shuttle transportation is available based on reservations and availability. Please call the hotel at 952.893.9500 if you wish to arrange for an airport pick up.



ISPI is offering the **"Brain Bus"** to help participants get to the conference easily. The chartered "Brain Bus" will depart from a central location in Kansas City, MO at 9:00 am on Friday, June 20, will stop in Des Moines at 1:00 p.m. to pick up additional passengers and will arrive in Minneapolis by 5:00 p.m. in time for riders to freshen up before the conference begins. The bus will depart at 1:00 on June 22. Cost for the bus is \$150 from Kansas City or \$100 from Des Moines.



The FUN STUFF

In addition to the outstanding educational value, lab sessions, keynote speakers and interaction with instructors, the conference registration includes:

- AM coffee/light breakfast during packet pickup and registration
- Snacks and beverages during the breaks
- Vendors including recruiting and orthopedic products
- Door prizes
- Luncheon and Reception after the conference
- Extensive handouts of keynote presentations and breakout lab sessions that are attended
- Registration packet and Conference T-shirt



Activities & Sightseeing

There is so much to see and do in Minneapolis. American League Baseball begins in April (*Minnesota Twins play at Target Field*), Golf, Wabasha Street Caves, Historic Fort Snelling, Afton Hudson Cruise Line, Metroconnection, Minneapolis Institute of Arts, Science Museum of Minnesota, Walker Art Center, and Mall of America are just some of the sites and activities to enjoy in this metropolis.



Conference Schedule

Friday Evening June 20, 2014

6:00 p.m. – 7:00 p.m. Registration and Packet Pick Up
7:00 p.m. – 7:30 p.m. Adriaan Louw, PT, PhD, CSMT –
Healthcare Reform and Pain: Bring it on!

7:30 p.m. – 8:30 p.m. Tim Flynn, PT, PhD - Physical
Therapy and Pain in the US

8:30 p.m. – 10:00 p.m. Conference Reception
(sponsored by OPTP)

Saturday June 21, 2014

7:30 a.m. – 8:15 a.m. Registration and breakfast
8:15 a.m. – 9:15 a.m. Keynote 1: Eyal Lederman, DO, PhD
(physio) – The Fall of the Structural Model
9:15 a.m. – 9:35 a.m. Break, Vendors and Exhibits
9:35 a.m. -11:35 a.m. Breakout Lab Sessions
Breakout 1: Lederman – Treating Chronic Neck Pain
Breakout 2: Diener – Testing a Sensitive Nervous System
Breakout 3: Louw – Teaching People About Pain
*Breakout 4: Schmidt – The Dark Side of Neuroplasticity:
Clinical Test and Treatment*
*Breakout 5: Puentedura and Zimney – The Neuroscience
of Neurodynamics*
11:35 a.m. – 12:00 p.m. Break, Vendors and Exhibits
12:00 p.m. – 1:00 p.m. Keynote 2: Steve Schmidt, PT,
M.Physio (manip), OCS, FAAOMPT – Exploring the
Dark Side of Neuroplasticity: Making Sense of Pain that
Persists
1:00 p.m. – 1:45 p.m. Lunch (provided)

1:45 p.m. – 2:45 p.m. Keynote 3: Eyal Lederman, DO,
PhD (physio) – The Myth of Core Stability
2:45 p.m. – 3:00 p.m. Break, Vendors and Exhibits
3:00 p.m. – 5:00 p.m. Breakout sessions
Breakout 1: Lederman – Treating Chronic Neck Pain
Breakout 2: Diener – Testing a Sensitive Nervous System
*Breakout 3: Danielson – Healthcare Reform and the
Business of Chronic Pain*
*Breakout 4: Schmidt – The Dark Side of Neuroplasticity:
Clinical Test and Treatment*
*Breakout 5: Puentedura and Zimney – The Neuroscience
of Neurodynamics*
5:00 p.m. – 5:30 p.m. Break, Vendors and Exhibits
5:30 p.m. – 6:30 p.m. Keynote 4: Adriaan Louw, PT, PhD,
CSMT – Sticks and Stones...Cognitions, Pain and The
Brain
6:30 p.m. Saturday conference adjourns

Sunday Morning June 22, 2014

7:30 a.m.– 8:00 a.m. Registration and breakfast
8:00 a.m.– 10:00 a.m. Lab courses
*Lab course 1: Lederman – How to Treat Chronic Low
Back Pain*
Lab course 2: Schmidt – PNF, Pain and Plasticity
Lab course 3: Louw – The Challenging Patient
Lab course 4: Diener – Chronic Headaches
10:00 a.m.– 10:30 a.m. Break

10:30 a.m.– 12:30 p.m. Lab courses
*Lab course 1, continued: Lederman – How to Treat
Chronic Low Back Pain*
*Lab course 2, continued: Schmidt – PNF, Pain and
Plasticity*
Lab course 3, continued: Louw – The Challenging Patient
Lab course 4, continued: Diener– Chronic Headaches
12:30 p.m. Conference Adjourns

Conference at a glance...June 20-22, 2014

Session Descriptions

Saturday Breakout Lab Sessions

The Dark Side of Neuroplasticity: Clinical Tests and Treatment

- Presented by Steve Schmidt, PT, M.Physio (manip), OCS, FAAOMPT - Most therapists would agree that patients who seem “too hot to handle” or are “supersensitive” offer not only a unique clinical challenge, but sometimes an exercise in frustration. The processes which drive many of the features seen in patients with persistent pain states relate to changes in the brains’ information networks. This breakout session expands upon the keynote address to present simple, cost-effective ways to test and develop treatment plans to address alterations in brain processing. Some of the topics will include: testing dynamic body maps, refined sensory examination, assessment of body schema, the effective use of motor imagery and the use of mirror therapy. Following this session the participant will be able to immediately apply these concepts in the clinic to accelerate progress in some of their most challenging patients.

Treating Chronic Neck Pain - Presented by Eyal Lederman, DO,

PhD (physio) - A practical workshop exploring the theory and the management of chronic neck pain within physical therapy practice. The focus will be on the processes associated with this condition (Process Approach) and away from structural and biomechanical factors, shown not to be related to neck pain. There will be discussion of the etiology of the condition and related physiological and neurological processes as well as psychological-behavioral aspects of the condition. The participants will learn to develop treatment strategies / management specific to chronic neck pain based on a new Process Approach rather than traditional structural model. There will be plenty of time during the workshops for demonstration and practice of specific techniques and movement challenges.

Teaching People About Pain (AM Session Only) - Presented by

Adriaan Louw, PT, PhD, CSMT - Current best-evidence for chronic pain calls for a combination of cognitive therapy and exercise. In recent years there has been an increase interest in cognitive therapy for pain. It is now well established that therapeutic neuroscience education is very effective in helping decrease pain, fear, catastrophization, disability and limitations on physical tasks and movement. Therapeutic neuroscience education help patients develop a greater understanding of the biology and physiology of their pain and thus in essence reconceptualize pain. Despite the growing body of evidence for using therapeutic neuroscience to explain pain to patients, there seems to be a lack of information on the clinical application and implementation of this much needed

physical therapy treatment. This educational session, based on the results of a recent systematic review of neuroscience education, aims to help attendees implement neuroscience education into everyday clinical practice. The session aims to discuss the content, education delivery methods, duration, frequency and integration with movement-based approaches such as exercise, manual therapy, aquatic therapy, etc. The session will include various metaphors, drawings, illustrations and examples which have been shown to powerfully affect patient’s beliefs and attitudes regarding their pain. Finally, this session will also answer the question as to what patients are ideally suited for therapeutic neuroscience education.

Testing a Sensitive Nervous System - Presented by Ina Diener, PT,

PhD - It is now well established that patients with persistent pain present with increased sensitization of the peripheral and central nervous system, or more precisely hyperalgesia and allodynia. This heightened sensitization poses a significant challenge to clinicians from an examination point of view. Traditional biomechanical and anatomical examination may not pose a significant threat to the patient and their nervous system, but also fail to examine pain patients properly. This 2-hour breakout session will discuss the etiology and development of a sensitive nervous system, followed by various considerations testing a sensitive nervous system. The session includes determining if a patient has a heightened sensitization of their nervous system; psychosocial factors to consider; physical factors as well as pitfalls in dealing with a sensitive nervous system. This session is a must for clinicians in a variety of clinical settings.

The Neuroscience of Neurodynamics - Presented by Louie

Puentedura, PT, PhD, PT, D, OCS, FAAOMPT and Kory Zimney, PT, DPT, CSMT - This breakout session will take the course participant through the understanding of neurodynamics based on modern neuroscience updates. Neurodynamics is the physical nature of the nervous system (mechanical and physiological response) to slide, glide and move as our body adapts to the environment and tasks it explores. A basic overview of nerve physiology will be discussed and it’s relation to manual techniques used in clinical practice. It will investigate our current understanding of ion channels, axoplasm (nerve juice), and principles of convergence and divergence of the nervous system. The session will also look at the more global physical properties of the nervous system consisting of space, movement and blood. The class will look at a variety of traditional techniques for enhancing neurodynamics, but also explore other traditional joint or soft tissue techniques and look at their potential role in neurodynamics as it relates to the physical needs of the nervous system. Time will be spent to provide hands on practice of various techniques and discussion of principles applied for the techniques that can then be broadened to other methods for improved patient outcomes. All of this will be taught under the umbrella of current pain neuroscience understanding and explanatory model.

Healthcare Reform and the Business of Chronic Pain (PM Session Only) - Presented by Galen Danielson, PT, DPT, Cert. MDT, CSMT, CSCS - It is estimated that more than 70 million Americans are affected by some form of chronic pain. This number is ever increasing. This increase of chronic pain is associated with increased utilization of healthcare dollars and added burden on healthcare providers. Emerging research into neurophysiology and neurobiology of pain clearly shows that movement and bio-psychosocial professions such as physical therapy are ideal to treat these patients. The increase in chronic pain and general dissatisfaction by patients with care provided creates a unique business opportunity for physical therapists. This 2-hour breakout session will systematically discuss various issues associated with the clinical application of therapeutic neuroscience education: training staff, marketing, billing, optimal utilization of resources, educational tools, making time for these approaches and more. This session is a must for clinicians, directors, clinic owners and policy makers.

Sunday Lab Courses

Chronic Headaches - Presented by Ina Diener, PT, PhD - The worldwide epidemic of pain includes the increasing pain and disability from headaches. Headaches are one of the 5 most disabling disorders in women and cause more functional limitations than chronic diabetes, hypertension, osteoarthritis and low back pain. In contrast headache pain and disability, it is well established that therapy aimed at musculoskeletal headaches are very effective in easing the pain and disability. This 4-hour lab session will help clinicians differentiate, diagnose and identify the musculoskeletal headache from other types of headaches. Lab sessions will focus on selected physical tests and treatments aimed at treating chronic headache patients. Additionally, this session will feature a newly designed therapeutic neuroscience education approach to educating headache patients about their pain.

How to Treat Chronic Low Back Pain - Presented by Eyal Lederman, DO, PhD (physio) - A practical workshop exploring the theory and the management of chronic low back pain within physical therapy practice. The focus will be on the processes associated with this condition (Process Approach) and away from structural and biomechanical factors, shown not to be related to back pain. There will be discussion of the etiology of the condition and related

physiological and neurological processes as well as psychological-behavioral aspects of the condition. The participants will learn to develop treatment strategies / management specific to chronic back pain based on a new Process Approach rather than traditional structural model. There will be plenty of time during the workshops for demonstration and practice of specific techniques and movement challenges.

PNF, Pain and Plasticity - Presented by Steve Schmidt, PT, M.Physio (manip), OCS, FAAOMPT - Why is it so hard for some patients to learn how to do a pelvic tilt, hip-hinge squat or isolated transverse abdominis contraction? If you ever thought that it seemed like the brain somehow lost its ability to coordinate specific movements... you were right! Award winning research recently demonstrated that the brains' map, affectionately known as the motor homunculus, degrades in chronic pain situations. In this workshop, come re-learn the manual therapy for movement known as Proprioceptive Neuromuscular Facilitation (PNF). Jump past the "D1 and D2" you learned in school and see how the PNF Approach articulates with cutting edge neuroscience and the principles of experience dependent neuroplasticity. Refining your skill and understanding of PNF will help you re-connect the missing pieces of motor and pain control to maximize the functional gain for your patients.

The Challenging Patient - Presented by Adriaan Louw, PT, PhD, CSMT - Think you know how to educate a patient on his/her pain? Give this class a try! In this case-based class, attendees will be provided with a series of "real-life" clinical scenarios and patients with persistent pain and asked to help the patient understand various issues related to their pain, such as: "Why do I hurt?"; "Why is the pain spreading?"; "Why am I becoming increasingly sensitive?"; "Why do I hurt when I am stressed?"; "Why am I so tired?" and more...With the guidance of several instructors who teach therapeutic neuroscience education classes, attendees will be assisted in learning how to explain these complexities to patients in pain. Attendees will be taught how to carefully choose their words, avoid biomedical language, use and draw images to educate patients about their pain. This in-depth, advanced course is limited in space and only available to therapists who have taken the Therapeutic Neuroscience Education or similar courses before.



Conference Speakers



Eyal Lederman, DO, PhD (physio) - Dr. Lederman is the director of CPDO, an international center providing continuing professional development for manual and physical therapists. He is the co-director of an MSc in Manual and Physical Therapy in Musculoskeletal Health at University College London (UCL). He graduated from the British School of Osteopathy and been in practice since 1986. Dr. Lederman completed his PhD in physiotherapy (PT) at King's College, London, where he researched the neurophysiology of manual therapy. He also researched and developed Harmonic Technique, Functional Neuromuscular Re-ablement and Functional Stretching. He is an Honorary Senior Lecturer at UCL where is currently conducting research into therapeutic stretching. Apart from these activities Dr. Lederman regularly teaches manual therapy to various groups and universities in the UK and abroad. He has published several articles in the area of manual therapy and is the author of the books "Harmonic Technique", "Fundamentals of Manual Therapy", "The Science and Practice of Manual Therapy", "Neuromuscular Rehabilitation in Manual and Physical Therapy" and "Therapeutic Stretching: Towards a Functional Approach".



Adriaan Louw, PT, PhD, CSMT - Adriaan, co-founder and CEO of ISPI, earned an undergraduate as well as a master's degree and Ph.D. in research and spinal surgery rehabilitation from the University of Stellenbosch in Cape Town, South Africa. He is a guest lecturer/adjunct faculty at Rockhurst University, St. Ambrose University and the University of Las Vegas Nevada. In addition, he maintains a clinical practice and is co-owner of The Ortho Spine and Pain Clinic in Story City, Iowa.

Adriaan has been teaching postgraduate, spinal manual therapy and pain science classes throughout the US and internationally for 15 years. He is a Certified Spinal Manual Therapist through ISPI. In addition, Adriaan has presented at numerous national and international manual therapy, pain science and medical conferences and has authored and co-authored articles, books and book chapters related to spinal disorders and pain science. Recently, Adriaan completed his Ph.D. which centers on therapeutic neuroscience education and spinal disorders.



Louie Puentedura, PT, PhD, PTD, OCS, FAAOMPT - Louie received his physical therapy degree and completed a Graduate Diploma in Manipulative Therapy in Melbourne, Australia. He has been involved in orthopedic manual therapy for over 31 years and has lectured and presented seminars on the various approaches to manipulative therapy. He is currently an assistant professor at the University of Nevada Las Vegas entry-level DPT program where he teaches anatomy,

orthopedic principles, orthopedic rehabilitation and spine and diagnostic Imaging. Prior to this, Louie worked in outpatient orthopedic settings with a focus on spinal conditions for over 24 years. He completed his post-professional DPT at Northern Arizona University. In addition, he earned a Ph.D. in Physical Therapy from Nova Southeastern University in Fort Lauderdale, Florida. He is a board certified specialist in orthopedic physical therapy, a Fellow of the American Academy of Orthopedic Manual Physical Therapists and is an ISPI Certified Spinal Manual Therapist. Louie has been published extensively regarding research on spinal manipulation as well as research on pain.



Kory Zimney, PT, DPT, CSMT - Kory earned a master's degree in physical therapy from the University of North Dakota and completed his transitional DPT from Des Moines University. Currently, he works at Mercy Business Health Services in Sioux City, Iowa, as the primary physical therapist for outpatient work related injuries. In addition, he provides on-site loss prevention services for local businesses. His primary treatment focus is on evidence-based practice for orthopedic injuries. In

addition to primary patient care, he has advanced training in work injury management and ergonomics. He also serves as an assistant professor for the physical therapy program at the University of South Dakota and is an Advanced Credentialed Clinical Instructor through the APTA.



Tim Flynn, PT, PhD - Dr. Flynn is an expert clinician and owner of Colorado Physical Therapy Specialists where he is dedicated to providing the highest quality care possible. His primary clientele is made up of individuals suffering from low back pain, chronic spinal disorders, failed back surgeries, and chronic pain disorders. He is on the executive board of Evidence in Motion Institute for Health Professions, which passionately promotes a culture of evidence-based practice within the physical therapy profession. Dr. Flynn is the immediate past President of the American Academy of Orthopaedic Manual Physical Therapists and an Associate Editor for the Journal of Orthopaedic & Sports Physical Therapy (JOSPT). He is a Distinguished Professor at Rocky Mountain University of Health Professions where he teaches professional and post-professional students in the area of musculoskeletal management, advanced manipulation skills, research design, and evidence based practice.



Ina Diener, PT, PhD - Ina is born and bred in South Africa and lives and practises as a clinician in Stellenbosch. She qualified at the University of Stellenbosch in 1974 and graduated with her PhD [research in the field of chronic headaches] in 2003, from the University of the Western Cape. She has been in private practice for 30 years, and started teaching undergraduates in 1990. Since 2003 she has been involved with the orthopaedic manual therapy modules of master's degrees at Stellenbosch University

and the University of the Western Cape, and a study leader for many post-graduate students in the field. Her main clinical field of interest is musculoskeletal pain, and especially headache and facial pain. Her enthusiasm in promoting best-practice in musculoskeletal health, is evident in the many CPD courses she presents to both local and international physiotherapists. She has published several academic papers and non-academic articles, and has presented papers at many national and international conferences, mainly in the field of pain education and chronic headache. She is actively involved in the South African Society of Physiotherapy, having served on the NEC and having been the chair of the OMPTG in South Africa. She received the WCPT International Service Award [Education] in 2011 for her contribution to education and standards of practice in Africa.



Steve Schmidt, PT, M.Physio (manip), OCS, FAAOMPT - Steve graduated from the University of the Pacific with an M.S. in Physical Therapy. His clinical interests in manual therapy and management of patients experiencing neurogenic pain identified a need to seek specialized training. He completed several year-long manual therapy courses and then traveled to Australia for fellowship/residency training. He completed his Masters of Physiotherapy at the University of South

Australia. He treats a wide variety of patients as well as teaching orthopedic manual therapy at Samuel Merritt College. Steve is a Fellow in the American Academy of Orthopedic Manual Physical Therapists and a board certified specialist in orthopedic physical therapy. He completed the six month post-graduate training in Proprioceptive Neuromuscular Facilitation at the Kaiser Foundation Rehabilitation Center and continues to work in Vallejo, California, treating patients with neurological impairments.



Galen Danielson, PT, DPT, Cert. MDT, CSMT, CSCS - Galen earned his B.S. in Psychology followed by his MPT as well as his Doctor of Physical Therapy from Idaho State University where he is presently an affiliate faculty member. He has worked in the acute care setting, outpatient sports medicine and industrial rehabilitation. Galen co-owns RehabAuthority Physical Therapy and operates 15 outpatient clinics in Idaho and North Dakota specializing in treatment of back and neck disorders. His

specialty areas of treatment include chronic low back pain, acute low back and cervical pain, general orthopedics and sports medicine. Galen is credentialed as a Certified Strength and Conditioning Specialist, Certified Functional Capacity Evaluator, Certified MedX Evaluator, Certified Clinical Instructor, Certified Spinal Manual Therapist and Certified Mechanical and Diagnosis Therapist.

Clinical Conference 2014 Registration Information

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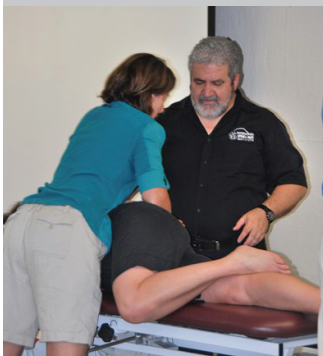
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Selected breakout sessions feature individualized hands-on lab sessions, thus limiting space. Spaces are filled base on a first-come basis



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Pricing Options

___ Full Conference (Fri-Sun)

Early Early Bird Discount until Friday, February 28, 2014 – \$499

Early Bird Discount Saturday, March 1 – April 30, 2014 – \$539

Regular Rate Thursday, May 1, 2014 and after – \$579

___ Friday Evening ONLY

Early Early Bird Discount until Friday, February 28, 2014 – \$69

Early Bird Discount Saturday, March 1 – April 30, 2014 – \$79

Regular Rate Thursday, May 1, 2014 and after – \$89

___ Saturday ONLY

Early Early Bird Discount until Friday, February 28, 2014 – \$299

Early Bird Discount Saturday, March 1 – April 30, 2014 – \$319

Regular Rate Thursday, May 1, 2014 and after – \$339

___ Sunday ONLY

Early Early Bird Discount until Friday, February 28, 2014 – \$159

Early Bird Discount Saturday, March 1 – April 30, 2014 – \$169

Regular Rate Thursday, May 1, 2014 and after – \$179

___ Brain Bus

Depart from Kansas City – \$150

Depart from Des Moines – \$100



Registration Options

Online Registration: www.ispinstitute.com

Mail Registration:

International Spine & Pain Institute
PO Box 232
Story City, Iowa 50248

Phone Registration: 1-866-235-4289

Fax Registration: 1-515-733-2744

Payment Options

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If card does not correspond to above address, please provide billing address.