Manitoba Physiotherapy Association
Association manitobaine de physiothérapie

PRESENTS

# APT (ASSESS, PREDICT, AND TREAT) NECK PAIN WORKSHOP

## COURSE DETAILS:

- **Location**: Room 170 at the College of Rehabilitation Sciences, 771 McDermotAvenue, Winnipeg
- **Dates & Times:**
  **February 2 – 3, 2019 8:30am – 5:00pm**
- **Instructors**: David (Dave) Walton and James (Jim) Elliot

## COURSE INFORMATION:

This innovative 2-day participatory workshop provides participants the opportunity to learn, apply, and interpret new research and clinical knowledge to optimize outcomes of traumatic and non-traumatic neck pain such as whiplash associated disorder and myofascial pain syndrome. Two leading experts in the field, currently ranked in the top 2% of global experts in whiplash and neck pain according to expertscape.com, will guide participants towards deeper understanding of all aspects of neck pain care, from assessment through prognosis to treatment decisions and outcomes measurement. These experienced providers of continuing professional development will not only provide a balanced and accurate representation of the current state of evidence-informed practice for neck pain, but will use novel transformative teaching and learning tools to help participants make sense of complex topics and apply new knowledge in a way that leads to observable clinical impact. The "APT" Neck Pain Workshop is broken into 3 relevant modules, each of which builds upon the previous: **Assess**, **Predict**, and **Treat**.

## REGISTRATION

**CPA MEMBER: $450.00**
**NON- CPA MEMBER: $675.00**
**MPA New Graduate *: $225.00**

***within 1 year of Convocation; limited space available**
+ GST

Registration deadline is January 17, 2019

**A minimum of 18 participants.**

To Register:
**The Manitoba Physiotherapy Association**
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ptassociation@mbphysio.org

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**145 Pacific Avenue**
**Winnipeg, MB R3B 2Z6**
**204-925-5701**
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**Assess:** In this module, participants will get theoretical knowledge about and practical experience applying a number of novel assessment/evaluation tools for use in patients with acute or chronic neck pain. These include tools that tap each of the nociceptive/ biomechanical, cognitive, affective, social, peripheral neuropathic and central neurogenic domains. Drs. Elliott and Walton will share their clinical and academic expertise in measurement science and differential diagnosis to lead participants towards a greater understanding of prudent and judicious selection, application, and interpretation of key measurement tools. A new framework that combines existing and easy to use measurement tools will be presented to help participants make sense of their patients' pain experiences and provide directions for more informed treatment planning to optimize patient outcomes. This will be a mix of lecture-style sessions with practical experience opportunities.

**Predict:** In this module participants will learn about the nature of chronic pain and, more importantly, the transition from acute to chronic neck pain. Clinical questions that will be answered include, but are not limited to:

1) Who develops chronic pain and who doesn't?

2) Why does chronic pain develop in some people but not others?

3) What 'risk factors' can clinicians look for to help predict and prevent the development of chronic pain?

Framed within a truly integrated biopsychosocial model of chronic pain development, participants will enjoy a mixture of lecture-style and practical sessions that include relevant case studies and group discussions. Participants will leave with a better understanding of how to confidently identify the 'at risk' patient, identify Assess, Predict, Treat modifiable risk factors, discuss the nature of communicating risk and the influence of compensation/litigation on successful rehabilitation outcomes. Communication with patients, funders, and other members of the health care circle will be key components of group discussion opportunities.

**Treat:** In this module participants will build upon the knowledge gained from their Assess and Predict sessions to build informed treatment plans for patients with acute and chronic neck pain. New phrases such as 'plugging the biggest hole' will become common language for clinical reasoning as they learn about evidence-informed treatment approaches for addressing nociceptive, biomechanical, central neurogenic, peripheral neuropathic, cognitive, affective and social aspects of the pain experience that can be appropriately managed by rehabilitation professionals. Topics will include, but are not limited to, motor control, neuroplasticity, exercise-induced hypoalgesia, oculomotor retraining, use and benefit of manual therapies, targeted pain neurophysiology education, managing the depressed or anxious patient, and working as part of a multidisciplinary team including knowing when to refer for multimodal care. This session will include a mix of lecture-style sessions to advance knowledge and practical sessions to solidify new ideas. A focus on being 'critical consumers of knowledge' will give participants greater ability to appraise and interpret new evidence as it comes available even after completion of this course.

Participants who successfully complete all 3 modules of the APT program will receive a certificate of 'Advanced Neck Pain Practice'. Participants can also expect ongoing interaction opportunities with the instructors and other like-minded clinicians in the form of follow-up surveys and web-based communication platforms to allow learning and information sharing to continue beyond the duration of the workshop.

Background Information

1. The following paper outlines the approach to clinical phenotyping of people in pain
https://www.ncbi.nlm.nih.gov/pubmed/29669311

2. The following paper describes the clinical model for understanding why some people recover while others don't. This is addressed in the workshop in relation to how to measure these different domains
https://www.ncbi.nlm.nih.gov/pubmed/28622487

3. The expertscape.com site independently lists and ranks experts in whiplash research. It identifies Dr. James Elliot and Dr. Dave Walton as two of the world's top leaders in whiplash research and neck pain
http://expertscape.com/ex/whiplash+injuries http://expertscape.com/ex/neck+pain

4. The presenters have been engaged in a number of high-profile global initiatives driving the neck pain and whiplash agenda forward, including the APTA updated clinical practice guidelines, the ICON (International Consensus on Neck Pain) series of overviews, and the International Whiplash Consortium. Dr. Walton has just finished a 4-year stint as a co-leader of the Global Year for Excellence in Pain Education sponsored by the International Association for the Study of Pain. Dr. Elliot has recently delivered the Dr. Shirley Sahrmann Lectureship at Washington University School of Medicine.

# Instructors

**David (Dave) Walton** (@uwo_dwalton) completed his BSCPT in 1999, MSC in 2001 and PhD in 2010 from the University of Western Ontario (London Ontario, Canada). He has been a licensed practicing physical therapist for 16 years with a clinical focus on complex chronic pain prevention and management. He is currently a tenure-track Assistant Professor with the School of Physical Therapy and the Health and Rehabilitation Science graduate programs at Western. He is also Director and Primary Investigator of the Pain and Quality of Life Integrative Research Lab through which he supervises 7 graduate or honor's students and 2 volunteers. Dave is an Associate Scientist with the Manual Therapy. He has been recognized for excellence in pre- and post-professional teaching through two Faculty of Health Sciences Teaching Awards of Excellence (2007, 2010), a nomination for the UWO Marilyn Robinson Teaching Award (2015) and the Canadian Physiotherapy Association's National Mentorship Award (2014). A champion of transformative learning, Dave is a certified Facilitator for the Instructional Skills Workshop teaching development program through which he supports postsecondary educators in development of their teaching skills. He is also a productive researcher, having secured over $800,000 in research funding over the past 7 years, authored or co-authored over 50 scholarly research articles mostly in the field of neck pain assessment and prognosis, delivered over 60 presentations at national and international conferences, and authored 4 book chapters including two in the just-released 'bible' of MSK therapy 'Grieve's Modern Musculoskeletal Physical Therapy' 4th edition that focus on whiplash and good clinical research. Dave is the Secretary of the Education Special Interest Group of the International Assess, Predict, Treat Association for the Study of Pain and Associate Editor of the scientific journal. He has been featured in well-recognized consumer-oriented publications including The Good Life: The official magazine of Dr. Oz (July 2015). The roles of which he's most proud are as husband of a fantastic wife and father of two awesome girls. He is a die-hard fan of the Toronto Blue Jays, American football, barbecue cuisine and the harmonica.

**James (Jim) Elliott** (@elliottjim) completed his PhD at the University of Queensland, Australia (UQ) in 2007 and a post-doctoral fellowship (2010) at UQ's Centre for Advanced Imaging. He is currently a tenure-track Assistant Professor in the Feinberg School of Medicine and the principal investigator of The Neuromuscular Imaging Research Lab (@NIRL_NU) where he supervises 5 PhD students. Jim is also an Honorary Senior Fellow at UQ and an Affiliate Professor at the Zürich University of Applied Sciences, Switzerland. He has been successful as an early career investigator as in evidence of $3.3 million in research funding, over 60 peer-reviewed publications, and numerous speaking invitations at interdisciplinary conferences on a national and international level. The primary focus of Jim's laboratory is to characterize the underlying neurophysiological and biological mechanisms for poor functional recovery following spinal trauma, in particular, traumatic injuries following a motor vehicle collision (MVC). Broad applications of his work include preventing, diagnosing, and treating neuromuscular related pain and its sequelae. To do this, he utilizes structural and advanced imaging applications to quantify the temporal development of altered spinal cord anatomy and whole-body skeletal muscle degeneration as potential markers of poor functional outcomes.

Jim currently serves as an Advisory Board Member for the journal, Spine and is on the Board of Directors for the Journal of Orthopaedic & Sports Physical Therapy. Jim played professional baseball for the San Diego Padres worked in major league baseball operations for the Colorado Rockies (1993- 1996) and was recently inducted into the University of Denver Athletic Hall of Fame (2014). In full transparency, Jim admits to needing medication for his life-long love of the Chicago Cubs.