

Pain Care Workshops and Education

Life Is Now Pain Care and Neil Pearson offer keynotes, lectures, and workshops on pain science and innovative pain self-care. Contents and presentation-focus, as well as the interactive nature of the presentation can be modified to meet the needs of your registrants.

The following are examples of recent workshops and presentations.

Pain Science and Innovative Pain Management

Outline for Bermuda Physiotherapists Association

The objectives of this two-day course are to bring health care professionals up-to-date on pain neuroscience research and clinical practices, and to enhance clinical practice by providing practical methods to integrate pain science into our daily practice.

Day 1 provides detailed current physiological understanding of pain, chronic pain and the lived experience of pain. This information is the biological foundation from which we can better understand the positive effects of our current pain management interventions on outcomes of pain, function and quality of life. It is also the foundation from which we can analyze and develop new interventions for people in pain.

Day 1 also includes a review of neurophysiology of peripheral, central and autonomic systems, recent and ongoing research of neurophysiology and neuroplasticity, as well as treatments that will promote positive neurophysiological changes, and language with which to provide people in pain with an optimistic and realistic perspective of pain management.

Day 2 provides practical sessions combined with a deeper look into current interventions for people with pain - specifically discussing situations in which the person does not respond as we would expect to our traditional approaches. Given the recent academic disputes related to numerous pain management interventions, the day will start with a discussion of these, specifically related to pain biology. Case studies provide opportunities to integrate Day 1 information, and to develop assessment and treatment plans. The role of pain education, hands-on treatments, self-management practices and exercise will be discussed in relation to the cases, as will innovative pain management practices based on pain science and the lived experience of pain.

The Multidimensional Impact of Pain Neuroscience Education integrated with Therapeutic Yoga presented for the Trial Lawyers of BC, Chronic Pain Conference 2015

Learning Objectives

1. Review the findings and gaps in research of pain neuroscience education, and yoga for people in pain.
2. Discuss how pain neuroscience education and yoga effectively integrate biomechanical, biomedical and biopsychosocial paradigms and practices.
3. Illustrate this integration through a brief case study, involving a trauma, failure to recover as expected, and apparent resistance to engage in rehab.

Breathing Techniques to Improve Movement in People with Chronic Pain for the Foundation for Medical Excellence, Pain and Suffering Symposium 2015.

Pain is associated with breath-holding during potentially pain-provoking movements. Breath holding enhances fight-flight responses, which can in turn enhance pain with movement. When people in pain struggle with breathing calmly at rest, the likelihood of maintaining calm breath during movement is low. As such breathing techniques should be considered as equally important to restore ease of movement, and to decrease pain.

Neil Pearson, PT, MSc(RHBS), BA-BPHE, CYT, ERYT500, is a Clinical Assistant Professor at UBC, physical therapist, and yoga therapist. He is a passionate and engaging international presenter providing up-to-date research evidence and practical clinical techniques to health care providers, yoga therapists and people in pain. Neil resides in Penticton, BC, where he works as a physical therapist and a yoga therapist, solely with people with persistent pain. Neil is the founding Chair of the Pain Science Division of the Canadian Physiotherapy Association, was the first physiotherapist to receive the Excellence in Inter professional Pain Education award from the Canadian Pain Society. He is a past Director of Pain BC, and has developed the informative website, www.lifeisnow.ca