

# ISPI's Introduction to Therapeutic Neuroscience Education & Peri-Operative Pain Science Education

Presented by Brett Neilson, PT, DPT  
Fellow of the American Academy of Orthopaedic Manual Therapy,  
Therapeutic Pain Specialist

Seven contact credit hours, 0.7 CEU

Saturday, May 4, 2019 • 8 a.m. to 4:30 p.m.

Lakeview Spine Physical Therapy  
1470 N 16th Ave, Yakima

The International Spine and Pain Institute's (ISPI) Introduction to Pain Science Education module will provide participants with the latest evidence and clinical application of therapeutic neuroscience education for patients in pain. Current best evidence has shown that neuroscience educational strategies utilizing neurobiology and neurophysiology are able to reduce pain, increase function, reduce fear and catastrophization, improve movement, and change cognitions and brain activation during pain experiences. This class will discuss the evolution of therapeutic neuroscience education and why neuroscience education is needed in patient care.

In the ISPI Peri-Operative Pain Science Education module, we will examine lumbar surgery from a neuroscience perspective, including why so many patients suffer with pain after surgery, patient beliefs about surgery, as well as how surgeons prepare patients for lumbar surgery. This class will feature an extensive neuroscience education section, which will help patients prior to surgery as well as immediately post-op and subsequently in the acute and sub-acute postoperative phase. This class will introduce participants to the development of the preoperative neuroscience education session, the content, delivery methods and clinical application of such a program for lumbar surgery. The educational model will then be discussed within the realm of a postoperative movement-based approach to exercise and range of motion.

## Course Objectives

At the conclusion of these courses, participants will be able to:

- Identify elements that contribute to the current practice gap that exists between current models of treating pain and the needs of the chronic pain patient.
- Discuss the evolution of pain neuroscience education and why neuroscience education is needed in patient care.
- Discuss forms of education delivery and understand the research in delivering PNE.
- Understand how PNE is delivered.
- Demonstrate the use of a PNE story in clinical practice.
- Identify the current surgical trends in the US and the current research for effectiveness of some of the most common surgical interventions for lumbar surgery.
- Understand the development of the preoperative neuroscience education session, the content, delivery methods and clinical application of such a program for lumbar surgery.
- Discuss the PNE within the realm of a postoperative movement based approach to exercise and range of motion.
- Identify the health care financial impact of implementing a PNE perioperative approach.

## Registration Rates

### EARLY BIRD RATE - Registrations received by April 18

\$140 .....PT - APTA member

\$112 .....PT - APTA member and  
Virginia Mason employee

\$105 .....PTA - APTA member

\$84.....PTA - APTA member and  
Virginia Mason employee

\$95.....Student, Life or Retired APTA Member

\$200 .....Nonmember

### REGULAR RATE - Registrations received April 19-May 4

\$215 .....PT - APTA member

\$187 .....PT - APTA member and  
Virginia Mason employee

\$180 .....PTA - APTA member

\$159 .....PTA - APTA member and  
Virginia Mason employee

\$170 .....Student, Life or Retired APTA Member

\$275 .....Nonmember



## Speaker Biography

Brett Neilson is a physical therapist and the Fellowship Director at Outpatient Physical Therapy, which has clinics in King and Pierce counties. He serves as the Admissions Director at Evidence in Motion Institute of Health Professions (EIM) and is an adjunct faculty member at EIM, the International Spine and Pain Institute and South College. He received his DPT from the University of Puget Sound in Tacoma. He was a contractor for the US Air Force serving as the trial coordinator for two large multi-center randomized controlled trials in knee Osteoarthritis and low back strengthening for Army combat Medics. Neilson currently serves on the PTWA Board of Directors and as a delegate to the APTA House of Delegates. As a student liaison to the PTWA board, he founded PTWA's Student Special Interest Group.

## Course Schedule

7:30 - 8 a.m. ....Registration /check in

8 a.m. - Noon .....Course begins

Noon - p.m. ....Lunch break

(lunch on own)

1 - 4:30 p.m. ....Course continues

Register for the course online at: [www.ptwa.org/conference](http://www.ptwa.org/conference)

# PTWA One-Day District Course Registration Form

Saturday, May 4, 2019 • Lakeview Spine Physical Therapy • 1470 N 16th Ave • Yakima, WA

## HOW TO REGISTER:



Mail registration form to:  
208 Rogers St NW  
Olympia, WA 98502-4952



Register online at:  
[www.ptwa.org/conference](http://www.ptwa.org/conference)

Name for Nametag \_\_\_\_\_  
 Company \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Work Phone (\_\_\_\_\_) \_\_\_\_\_  
 Home Phone (\_\_\_\_\_) \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Special needs: \_\_\_\_\_

APTA Member # \_\_\_\_\_  Nonmember

CHECK  PT  PTA  Virginia Mason Employee  
 ALL  Life or Retired Member  
 THAT  Student  
 APPLY:

All APTA members eligible for discounted member rates, regardless of chapter membership. Members must be a member in good standing as of the date of the conference to be eligible for member rate. New APTA members who do not yet have a member number must submit a copy of their membership application to receive the member rate.

## ISPI's Introduction to Therapeutic Neuroscience Education & Peri-Operative Pain Science Education

Presented by Brett Neilson, PT, DPT, FAAOMPT, TPS

Saturday, May 4, 2019 • 8 a.m. to 4:30 p.m.

### Course Objectives

- Identify elements that contribute to the current practice gap that exists between current models of treating pain and the needs of the chronic pain patient.
- Discuss the evolution of pain neuroscience education and why neuroscience education is needed in patient care.
- Discuss forms of education delivery and understand the research in delivering PNE.
- Understand how PNE is delivered.
- Demonstrate the use of a PNE story in clinical practice.
- Identify the current surgical trends in the US and the current research for effectiveness of some of the most common surgical interventions for lumbar surgery.
- Understand the development of the preoperative neuroscience education session, the content, delivery methods and clinical application of such a program for lumbar surgery.
- Discuss the PNE within the realm of a postoperative movement based approach to exercise and range of motion.
- Identify the health care financial impact of implementing a PNE perioperative approach.

Early Bird Rates	
Registrations received by April 18	
PT - APTA Member	\$ 140
PT - APTA Member - Virginia Mason Employee	112
PTA - APTA Member	105
PTA - APTA Member - Virginia Mason Employee	84
Student, Retired or Life APTA Member	95
Nonmember	200

Regular Rates	
Registrations received between April 19 and May 4	
PT - APTA Member	\$ 215
PT - APTA Member - Virginia Mason Employee	187
PTA - APTA Member	180
PTA - APTA Member - Virginia Mason Employee	159
Student, Retired or Life APTA Member	170
Nonmember	275

## Payment

TOTAL: \$ \_\_\_\_\_  Check enclosed (payable to PTWA)

AMEX / VISA / MASTERCARD Credit Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

REGISTRATION FEES: Includes admittance to the course, course handouts and break refreshments. Lunch is not included. In order to qualify for the member registration rates, you must be a member in good standing as of the date of the course. Registrants who have a membership expiration date prior to course must provide proof of membership before the end of the course or they will be subject to paying the nonmember rate. New APTA members who do not yet have a member number please submit a copy of your membership application form to receive the member rate.

STUDENT MEMBER RATE: Student Rates apply to APTA member students who are PTWA members, enrolled in a Washington state PT or PTA program, or doing affiliate work in Washington state.

CANCELLATIONS AND SUBSTITUTIONS: To cancel, call the PTWA office at (360) 352-7290, ext. 113. Cancellations received by April 18 will be refunded the full fee less a \$25 administrative fee. Cancellations between April 19 and 29 will receive a 50 percent refund. There will be no refunds after April 29. If there is no waiting list, substitution by a registrant whose fee is of equal or lesser value may be accepted at the discretion of PTWA staff. We cannot accept substitutions if we have a waiting list. In the unlikely event that PTWA cancels this course, our liability will extend only to the amount you paid for your registration.

SPECIAL NEEDS: If you have any special needs, please let us know by April 19.