



ORTHOPEDIC MANUAL THERAPY

NAIOMT

DEMYSTIFYING CHRONIC PAIN

May 27, 2017

Tartu, Estonia

Instructor: Kathy Berglund (USA), Postprofessional Program Director, Associate Professor of Physical Therapy, Certified Orthopedic Manipulative Therapist, Board Certified Orthopedic Clinical Specialist, Certified Athletic Trainer.

Language of the course: English

Date: 27.05.2017

Price: 79€; students 39€

For registration: [CLICK HERE](#)

More information: info@tarutuhpc.ee or mati.arend@gmail.com;
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Course description:

Understanding pain physiology is a critical part of successful physiotherapy management. Studies have shown that utilization of pain education in patients with pain greater than three months produces better outcomes. This course will cover the neurophysiology of peripheral and central sensitization and the biopsychosocial model of pain. We will also explore the role of fear avoidance beliefs, hypervigilance and catastrophizing on pain perception and outcomes. Objective assessment and treatment techniques will be presented to allow the physiotherapist to have greater success in treating the chronic pain patient.

By the end of this course participants should be able to:

1. Understand normal pain physiology and compare and contrast it with the physiological changes occurring in the chronic pain case.
2. Correlate the symptoms of chronic pain with the abnormal nerve physiology.
3. Explain to the patient in a simplistic format that their symptoms do not represent ongoing tissue damage and are representative of the abnormal nerve physiology or “chronic pain physiology”.
4. Ask appropriate questions in the history that correlate with chronic pain physiology.
5. Perform a screening examination to identify patients presenting with chronic pain physiology.
6. Understand the concepts of how to treat a patient presenting with abnormal sensory, motor and ANS changes related to chronic pain physiology.

INSTRUCTOR – Kathy Berglund



Doctor of Science Degree in Orthopedic Manual Physical Therapy

Fellow of the American Academy of Orthopedic Manual Physical Therapy

Certified Orthopedic Manipulative Therapist

Board Certified Orthopedic Clinical Specialist

Certified Athletic Trainer

Kathy began her career in 1978 after graduating from the University of North Carolina at Chapel Hill (UNC) with a BSc degree in physical therapy. She completed her MS degree in athletic training and sportsmedicine from UNC in 1980. Western Michigan University in Kalamazoo, MI hired her to direct their sportsmedicine clinic from 1980 to 1984 and Kathy directed a private sportsmedicine clinic in Kalamazoo from 1984 to 1994. Andrews University in Berrien Springs, MI hired her as orthopedic coordinator of the entry level PT program in 1994 and she continued to work half time in sportsmedicine. In 2001 Kathy was hired full time by Andrews University to establish and direct the postprofessional degree program in physical therapy which offers a transitional Doctor of Physical Therapy (tDPT) and the Doctor of Science degree in Orthopedic Manual Physical Therapy (DScPT). She received the Daniel Augsberger Excellence in Teaching Award in 2003 based upon years of excellent course evaluations and outstanding clinical performance of her students. For the last 5 years Kathy has also worked 10-15 hours a week evaluating and treating patients with chronic musculoskeletal pain.

Kathy's education in manual therapy began with courses at Michigan State University in 1981 with manual therapy "greats" such as Philip Greenman, DO and John Mennell, MD. She studied peripheral joint evaluation and manual treatment techniques from Freddy Kaltenborn in the mid-eighties. In 1984 she began studying under Stanley Paris and completed the majority of his course offerings over the next several years. In 1988, she met Erl Pettman, Cliff Fowler and David Lamb, founders of both the Canadian Manual Therapy System and the North American Institute of Orthopedic Manual Therapy (NAIOMT). Kathy has assisted and co-taught with Erl Pettman for over 18 years, is certified as a manipulative therapist through NAIOMT, has served on the board of directors for NAIOMT for over 9 years and as a formal NAIOMT faculty member for the last 4 years.

NORTH AMERICAN INSTITUTE OF ORTHOPEDIC MANUAL THERAPY



NAIOMT is a very eclectic manual therapy institute, using Cyriax principles and a Norwegian based manual therapy approach as its foundation, but integrating other successful approaches where clinically applicable such as Maitland, McKenzie, Butler/Elvey, Mulligan, to name a few.

NAIOMT also integrates evidenced based clinical research into its curriculum. NAIOMT trained physical therapists excel in their clinical reasoning skills, differential diagnosis of musculoskeletal pathology, joint mobilizations and manipulations, as well as, comprehensive rehabilitative management. The courses offered reflect the NAIOMT curriculum and if enough therapists are interested in pursuing the entire series, future courses can be offered in Estonia, allowing therapists the opportunity to become certified manual therapists through the NAIOMT system.

For more information on NAIOMT go to: www.naiomt.com

Previous NAIOMT courses in Estonia:

In cooperation with the University of Tartu and Tartu High Performance Center we have offered successful Orthopedic Manual Therapy courses in Tartu from 2013. So, this cervical spine course is a continuation of new information to broaden the knowledge about differential diagnosis and manual therapy interventions.