



Pain Management

A Four-Hour Seminar for Rehab/Occupational/Physical Therapists

Saturday, October 25, 2025 | 9:00am to 2:00pm (ET)

9:00am	PARTICIPANTS LOGIN	
9:20am – 9:30am	Welcome and Introductory Remarks - Janella E. Belle, PT, DPT	
9:30am – 10:30am	<p>“Types of Pain”</p> <p>John B. Castro PT, DPT, Cert MT</p> <p>Descriptive Summary: A 60-minute presentation on the complexity of pain would move beyond the simplistic idea of pain as a direct indicator of injury, providing a more comprehensive, evidence-based view for Physical Therapists and Rehabilitation health care professionals. The session would be structured into three main parts: an overview about types of pain, a comprehensive view into the biology of pain and neuroplasticity, and an exploration of the holistic biopsychosocial model. Using an interactive format with discussion and clinical cases, it would inform Physical Therapists and Rehabilitation health care professionals with a modern framework for assessing and treating clients experiencing pain..</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Define and differentiate between different types of pain;2. Recognize and compare the key characteristics of , including common examples;3. Identify common verbal and non-verbal pain behaviors associated with different pain types;4. Discuss how different cultural and institutional factors can influence a patient's pain experience;5. Describe the basic physiological process of how a pain signal travels from the body to the brain;6. Explain the concept of neuroplasticity and how the brain can be "rewired" to create new pain pathways;7. Summarize the difference between a protective brain response (acute pain) and a hypersensitive nervous system (central sensitization or chronic pain);8. Recognize how learned pain and fear-avoidance behaviors can negatively impact recovery;9. Explain the three components (biological, psychological, and social) of the biopsychosocial model of pain;10. Analyze how a patient's thoughts, beliefs, and emotions can influence their perception of pain;11. Identify key social factors, such as family, work, and cultural context, that contribute to or alleviate a patient's management of pain; and12. Communicate the benefits of an integrated approach to pain management that incorporates all three domains of the biopsychosocial model.	
10:30am – 11:30am	<p>“Pain Assessment Tools”</p> <p>Janella E. Belle, PT, DPT</p> <p>Descriptive Summary: Pain and functional assessments are useful tools towards more effective Physical and Occupational therapy intervention. It provides a means of establishing quantitative and qualitative baseline data to guide the clinical decision-making path, and to monitor progress over time. Selection of the appropriate assessment tool is multifactorial decision, with consideration of diagnostic and individual factors being key. These tools can enhance communication with patients and empower them in goal setting towards optimal treatment outcomes.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Identify and understand appropriate pain and functional assessment tools available in clinical practice;2. Utilize pain and functional assessment data as a component in guiding the course of treatment; and3. Understand how to incorporate pain and functional assessment data towards individualized communication and education to facilitate patient-centered care.	
11:30am	BREAK	
12:00pm – 1:00pm	<p>“Pharmacologic Management of Pain in Therapy Settings”</p> <p>Peter C. Lascarides DO</p> <p>Descriptive Summary: This lecture reviews the main fundamental medications seen in rehab practice, focusing on how they work, their side effects, and what PT and OT practitioners should keep in mind during treatment. The goal is to give a clear, practical framework for integrating medication awareness into daily care and working effectively with prescribers.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Review key drug classes used in pain management and their role in rehab practice;2. Distinguish between non-opioid, opioid, and adjuvant options commonly encountered in therapy settings;3. Recognize side effects and interactions that may affect therapy sessions and patient safety; and4. Integrate medication considerations into treatment planning and communication with prescribers.	
1:00pm – 2:00pm	<p>“Setting Specific Considerations: Case Studies and Applications”</p> <p>Marques A. Julius, DPT, PT</p> <p>Descriptive Summary: The clinical portion for this presentation on Chronic Pain will include the evaluation and treatment process encompassing the interview process, appropriate screening tools, differential diagnosis, objective measurements, standards of practice as well as scope of practice. The presentation will also offer personal tools/tactics for the clinicians to utilize and maintain their own self-care and ground work.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Recognize the principles of the biopsychosocial model;2. Understand the mind-body connection;3. Explain the differential diagnosis process;4. Describe scope of practice; and5. Provide case studies.	
1:55pm	Closing Remarks - Janella E. Belle, PT, DPT	
2:00pm	PROGRAM END	