Neurophysiology of Pain Education in Patients with Chronic LBP: A Review of the Literature and Managing our Patients with LBP and Beyond.

Speaker(s):  
Jessica McManus PT 
Gino Compagnone PT, DPT

Session Level: Intermediate

Description: Research in the field of Pain Biology has evolved significantly over the past 10 years. We now understand, more than ever, the biological process of pain. Teaching these concepts to our patients with chronic pain can help them gain more control of their symptoms, and contribute to the reduction of their pain. We will begin by teaching key concepts in neurophysiology of pain education. A review of the literature supporting neurophysiology of pain education in our patients with CLBP will then be provided. The final third of our presentation will be focused on practice applications of teaching these concepts to our patients, and additional provide additional sources for further learning in this field.

Learning Objectives:
1. Learn 3 key concepts of the Neurophysiology of Pain  
2. Review current supporting literature  
3. Provide practical examples of implementing pain biology education into our treatments of patients with CLBP.

Speaker Bio:
Jessica McManus is a graduate of Northeastern University in 2000. In 2001, she completed Level 1 at the Institute of Orthopaedic Manual Therapy. In 2015, Jessica completed the Manual Therapy Fellowship Program at Boston University and is currently a candidate for Fellowship with the AAOMPT. Jessica has been managing patients in the outpatient setting at ProEx Physical Therapy for the past 14 years. She also recently joined the faculty at BU’s Sargent College as a Lab Teaching Assistant in the Graduate Physical Therapy Program.

Gino Compagnone is a graduate of UMASS Lowell in 2005. He completed Level I of the Institute of Orthopaedic Manual Therapy in 2008. Since 2007 Gino has been part of the ProEx family treating patients and holding a Regional Clinical Director Position overseeing operations for 5 ProEx Physical Clinics. In 2015, Gino also completed the BU Manual Therapy Fellowship program and is also a candidate for Fellowship in the AAOMPT.