Pain Track

Part I: Cultivating the PCP-PT Relationship in Boston through Pragmatic Pain Research

Presented by: Anthony Delitto is the dean of the School of Health and Rehabilitation Sciences (SHRS) and professor in the Department of Physical Therapy and Dr. Rob Saper is the Director of Integrative Medicine for the Boston Medical Center Department of Family Medicine and an Associate Professor in the Boston University Schools of Medicine and Public Health.

Description: The development the PCP-PT relationship can be beneficial to both professions and to the United States healthcare system. To foster this partnership, clinicians and researchers must extend their hand to their medical colleagues and work with them to show that this collaboration can cut costs and improve care. The TARGET trial exemplifies this opportunity through its work with patients in acute low back pain. This presentation will describe the conception, development and implementation of the trial through the lens of its primary investigators. They will describe the appeal of pragmatic research to the clinicians and more importantly discuss the opportunities and challenges they have faced working in the Boston PT and PCP systems. By highlighting the obstacles and facilitators they've faced the attendee will be prepared to enact similar quality improvement or research initiatives better their clinic and/or their system. The presentation will be interactively driven to encourage conversation amongst researchers and clinicians.

Part II: Utilizing Psychologically Guided Movement Interventions in the Treatment of Pain

Presented by Chris Joyce PT, DPT, SCS Assistant Professor at Bay State College

Description: The evolution of pain science necessitates a similar evolution of clinical practice that incorporates assessment and intervention strategies consistent with a biopsychosocial model of care. Updating our knowledge of pain neurophysiology and merging this with psychologically informed evaluations and treatments reflects a contemporary approach to treating patients in pain. This presentation will endeavor to describe and practice certain components of the clinical experience that have been studied and implemented in rehabilitative literature and practice. More specifically, attendees will actively participate in assessing patient cases and discussing treatment plans guided by concepts such as the therapeutic alliance, graded exposure to movement, and neural desensitization.

The following video gives insight to some of the discussions and research to be discussed by the presenters: https://www.youtube.com/watch?v=ruhaEM0DWrw