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AOTA Approved Provider #4023

Course Title: Therapeutic Modalities 205

Course Subtitle: Pain and Pain Management

Source: Physical Agents in Rehabilitation from Research to Practice, 5th edition, by Michelle Cameron.

Source Description: With straightforward, in-depth coverage of the use of physical agents to improve patient outcomes, *Physical Agents in Rehabilitation: An Evidence-Based Approach to Practice, 5th Edition* reflects how physical agents and modalities are being discussed in the classroom. This new edition brings the ideal balance of evidence and practical instruction to the learning and practice of physical agents in rehabilitation. Comprehensive coverage of all physical agents includes the mechanisms, clinical effects, and application techniques for thermal agents, ultrasound, electrical currents, electromagnetic radiation, hydrotherapy, traction, and compression. Plus, each chapter includes a scientific rationale and step-by-step instructions in the use of the agent(s), as well as up-to-date research support and new *Find the Evidence* tables.

Target Audience: OT/OTA and other healthcare professionals

Course Length: 2 hours

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Describe the mechanism of pain receptors and how pain is transmitted
- Discuss the gate control theory and how pain is modulated and controlled
- Compare and contrast the 6 different types of pain including: acute, chronic, nociceptive, neuropathic, dysfunctional, and psychogenic
- Analyze 3 different ways to assess pain including the use of pain scales
- Describe 5 different approaches for managing pain including the use of physical agents, pharmacological, exercise, and other pain management programs
- Read case studies to highlight and understand clinical application

Outline of Content:

Hour #1

Pain, Nociception, and the Nociceptive System

Nociceptors
Primary Afferent Neurons
Central Pathways
The Endogenous Opioid System
Central Sensitization
Modulation of Nociception in the Brain
Homeostatic Systems
Types of Pain
Acute Pain
Preventing Acute Pain From Becoming Chronic
Chronic Pain
Primary Chronic Nociceptive Pain
Peripheral Neuropathic Pain

Hour #2

Central Sensitization
Psychosocial Pain
Measuring Pain
Visual Analog and Numerical Scales
Semantic Differential Scales
Other Measures
Pain Management
Physical Agents
Pharmacological Approaches
Cognitive-Behavioral Therapy
Comprehensive Pain Management Programs
Clinical Case Studies

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT
Category 2: Occupational Therapy Process
Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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