



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Pain 110

**Course Subtitles:** Orthopedic Management of Pain and Pain Syndromes

**Target Audience:** OT/OTA's, PT/PTA's

**Course Length:** 2 hours

**Course Source:** Fundamental Orthopedic Management

**Course Instructor:** Joanne Brown, MS, OTR/L, CHT

**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 3 ways how pain can be a burden to the patient and society
- Describe 2 key components of the biopsychosocial model for treating pain
- Describe how pain is a multisystem output
- Describe the neuromatrix and how it relates to a person's neural signature
- List 3 medical terms that can influence a patient's level of fear and anxiety
- Describe 3 body systems that can be influenced by a persistent state of pain
- Outline the 12 treatment principles in the context of therapeutic neuroscience education for patients with persistent pain

**Outline of Content:**

**Hour #1 -2**

Patient with Chronic Pain

Lion Metaphor

Cognitive Therapy

    Patient Education

    Output

    Individual neuromatrix

    Perceptions

    Multiple systems

    Aerobic exercise

    Exercising with a sensitive alarm system

    Additional treatment ideas

Gate Control

Minimize number of treatments and contacts with medical personnel

Consider multidisciplinary management

Assess and assist recovery of general physical fitness

Conclusion

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes Audiovisual formatted course with downloadable course handout. 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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