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AOTA Approved Provider #4023

**Course Title:** Pain 207

**Course Subtitle:**

Section One - Manual Therapy and Influence on Pain Perception  
Section Two - Exercise Therapy

**Target Audience:** OT/OTA

**Course Length:** 3 hours

**Course Author/Instructor:** 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:**

**Section One**

By the end of the course the reader should have an appreciation of:

- MT in the context of biopsychosocial management of MSK pain
- The effects of MT on local tissue, spinal and supraspinal pain mechanisms
- The effects of pleasant touch on pain
- The effects of treatment-related pain on pain perception
- The effects of MT on motor control
- How MT may be applied in practice

**Section Two**

At the end of this course readers will be able to:

- Define the key principles of exercise.
- Describe the prevalence and impact of three of the most common musculoskeletal pain problems.
- Describe the key findings from best available evidence about the role of exercise as a core treatment for persistent musculoskeletal pain.
- Analyze the importance of the key characteristics of exercise programmes that help deliver better outcomes for patients.

**Outline of Content:**

**Hour #1**

Introduction

The rationale of manual therapy Manual therapy in a biopsychosocial context

Mechanisms of pain relief through manual therapy

Manual therapy as an aid to motor control Effects of manual therapy on local tissue

**Hour #2**

Manual therapy case study

Summary

Overview

Key definitions and principles

**Hour #3**

Example 1: Exercise for persistent non-specific low back pain

Example 2: Exercise for knee pain in older adults

Example 3: Exercise for hand pain in older adults

Exercise adherence Implications for clinical practice Implications for research

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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