

**CALMING the SENSITIVE NERVOUS SYSTEM  
with  
The Persistent Pain fellows: Kevin Ozaki and Will Burns**



**Saturday December 14th, 2019  
Class Schedule**

7:30-8:00AM	Registration
8:00-9:00AM	Introduction: Pain Types beyond the tissues, Emergent versus Linear Phenomenon
9:00-9:45AM	Identifying Cognitive and Emotional issues
<b>9:45-10:00AM</b>	<b>Break</b>
10:00-10:45AM	Pain Phenotyping and Quantitative Sensory Testing
10:45-12:00PM	Pain neuroscience education (evidence, conceptual framework and application)
<b>12:00-1:00PM</b>	<b>Lunch (on your own)</b>
1:00-2:30PM	The Art and Science of Goal Setting
<b>2:30-2:45PM</b>	<b>Break</b>
2:45-4:30PM	Exercise (framing and prescription)
4:30-5:00PM	Wrap-up/Questions

**Total CEUs: 0.65**

## **Course Description**

Persistent musculoskeletal pain is a large burden for patients and society as a whole. Treating patients with persistent pain is challenging for healthcare providers leading to frustration and burnout. There are many recognized and unrecognized barriers for the patient and the physical therapist to overcome on the road to improving the patient's function and quality of life. As the profession of physical therapy has promoted/adopted a biopsychosocial approach, more and more is required from a physical therapist to deliver appropriate, holistic and evidence-based care. Recent research supports the idea that pain is not solely pathoanatomical in nature, but is rather an emergent phenomena involving the complex interplay of various systems including the autonomic, endocrine, immune, neurologic and cognitive-affective systems. Essentially, the majority of patients with persistent pain have a "sensitized system" due to the complex interplay of bio-psycho-social factors. In this course, we will deconstruct the ways that patients' systems get "sensitized" and then recommend interventions to help "de-sensitize" their systems. In particular, we will focus on pain phenotyping, pain neuroscience education, goal setting in the context of graded exercise/exposure, and exercise framing and prescription in the context of persistent pain.

## **Learning objectives**

- Learner will be able to distinguish between linear and emergent phenomena
- Learner will be able to differentiate between three common pain types: nociceptive, neurogenic and nociplastic
- Learner will develop a deep understanding of the neurophysiology that subserve pain states and the physiologic changes that subserve persistent pain states
- Learner will develop an understanding of motivational interviewing and techniques for increasing motivation and buy-in in the context of exercise and graded exposure
- Learner will gain an understanding of the importance of meaningful goal setting in the context of treatment of persistent musculoskeletal pain and techniques for establishing meaningful goals with people
- Learner will develop an understanding of the importance of exercise in the treatment of persistent pain, the mechanisms of exercise interventions for people with persistent pain and implementation of an exercise program for people with persistent pain



Will Burns is a life-long martial artist and exercise enthusiast. He graduated with his DPT from the University of Southern California in 2013. He completed his orthopedic residency at Adventist Health Glendale in 2014 and subsequently sat for and obtained an Orthopedic Certified Specialist in 2015. During his residency, he became interested in working with people with persistent pain. He completed his therapeutic pain specialist through the International Spine and Pain Institute in 2017. He was lucky enough to become one of the first Kaiser Permanente Pain fellows in 2019.



Kevin Ozaki can tell you how the fear-avoidance cycle works as he lived through it before his voice can change. Specializing in year round baseball in early youth lead to multiple injuries that ultimately cost him several seasons. It wasn't until after physical therapy school that Kevin realized how the medical field can contribute to further disability by strictly applying a biomedical approach. After graduating from Chapman University with his DPT in 2017 and then heading straight into Southern California Kaiser Permanente's Orthopedic Residency in 2018, Kevin has been fortunate to be part of Kaiser's Pain Fellowship. Kevin hopes to share his experiences and new knowledge with everyone to truly have all clinicians embracing a biopsychosocial approach.