

# PAIN MANAGEMENT

## SPECIAL INTEREST GROUP

### PRESIDENT'S MESSAGE

John E. Garzione, PT, DPT, DAAPM

Hope you all had a joyous holiday season with family and friends. Happy New Year. This year, CSM in Chicago promises to be another great time to recharge, renew, and learn. The Pain Management SIG programming, combined with the Women's Health Section, will be on Friday February 10, 2012 from 8 am until 12 pm with a 30-minute break. Watch for upcoming details with regard to the business meeting time.

This year's CSM program will be "Chronic Pain: Myths, Measures, and Management" presented by D. Dailey and K. Sluka from the University of Iowa. This presentation is designed to provide clinicians with the information needed for the evaluation and treatment of patients with chronic pain.

Chronic pain is a challenging diagnosis for the clinician and presents significant disability for the patient. To better understand how to evaluate chronic pain, the underlying mechanisms of chronic pain based on the current science will be presented. The latest research will be discussed in terms of translating science and research into clinical practice. Chronic pain diagnoses such as low back pain and fibromyalgia will be reviewed and the biopsychosocial model of pain will be used to develop an individual plan of care and self management strategy for patients with chronic pain. Evidence-based tests and normative data will be presented in order to establish an objective baseline and ongoing assessment. Treatment topics and progression of treatment will be reviewed with an emphasis on self management skills for daily care, exacerbation of symptoms, and evidence-based treatment. Case study presentations will be used to demonstrate patient evaluation, treatment, and management strategies. The course objectives indicate that the learner will be able to: describe the myths regarding chronic pain and the science of pain as it relates to chronic pain, describe the biopsychosocial model of pain as it relates to determine the evaluation needs for patients with chronic pain, describe the evidence-based tests and measures related to chronic pain evaluation and treatment, and describe the areas for teaching self-management skills for patients with chronic pain.

A special thanks once again goes to Beth Jones and her team for putting together this exciting programming.

All articles pertaining to the management of people in pain are welcome to submit for consideration and publication in OPTP. Case studies, new ideas for treatment, are just a few examples. Please submit your ideas to me at any time.

*Happy New Year and I hope to see many of you at CSM,  
John*

Join us Friday, February 10  
CSM • Chicago

**Chronic Pain:  
Myths, Measures  
& Management**  
D. Dailey & K. Sluka



**President**  
John E. Garzione, PT, DPT, DAAPM..... jgarzione@frontiernet.net

**Vice President**  
Marie Hoeger Bement, PT, PhD .... mariehoeger.bement@marquette.edu

**Research Chair**  
Joel Bialosky, PT, OCS, PhD ..... bialosky@phhp.ufl.edu



### 2012 COURSE LISTINGS

#### Lumbo-Pelvic and Cervico-Thoracic Integration

2.75 day courses with 6 HR online study!  
\$595/\$60 30 days early registration

<b>CTI</b>		<b>LPI</b>
3/9-11 SOUTHAMPTON, NY	3/2-4 COLORADO SPRINGS, CO	
4/28-30 DECATUR, TX	3/23-25 BERKELEY, CA	
5/18-20 VIRGINIA BEACH, VA	10/5-7 GREEN BAY, WI	
6/1-3 BERKELEY, CA	10/12-14 VIRGINIA BEACH VA	

#### Integrative Prescriptive Exercises for the Spine

2 Days \$475/\$450 early reg  
MARCH 17-18 NEW YORK, NY

#### Manipulative Therapy for the Spine and Pelvis

2 days \$500/\$475 early registration  
no current listings, check the website for updates

**PLEASE CHECK OUR WEBSITE OR CALL FOR  
OUR 2012 SCHEDULE STILL CHANGING!**

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