

3302 – Applying Pain Science to Your Aquatic Programs

Advanced / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-4:00 pm – 2.5 credit hours

(Pool: 1:00-2:15 pm / Classroom: 2:45-4:00 pm)

Faculty: Beth Scalone, PT, DPT, OCS, ATRIC

COURSE DESCRIPTION:

What we know about pain has changed over the last 20 years. Did you know there is no specific place in the brain for pain? We already know everyone experiences pain differently and there is a good reason why. Our brain receives nociceptive input from our body, but the brain processes this information in several places within the brain and what the patient reports should be described as the patient's pain experience. Additionally, the longer the pain lasts, the brain signals are altered, leading to reduced proprioception, increased sensitivity to stimulus and a myriad of additional health issues. Understanding pain neuroscience and how to educate a client on why they hurt and how to manage their pain is an essential tool a therapist needs in order to successfully treat chronic pain patients in today's environment.

In this course, the lecture will review key aspects to pain neuroscience education, providing both the science behind and practical ways to educate your client in order to improve outcomes. The lab portion will present aquatic exercise progressions with the goal of reducing central sensitization, improving proprioception of deep postural muscles with the goal of reducing the patient pain experience for successful progression of functional movement.

COURSE OBJECTIVES:

- 1) Explain chronic pain to a client in language they can understand.
- 2) Develop an effective aquatic therapy and education treatment plan to reduce symptoms of central sensitization and chronic pain.
- 3) List at least three factors that influence a client's reported pain.

FACULTY: Beth Scalone, PT, DPT, OCS, ATRIC, is a licensed physical therapist with many years of experience in orthopedic and aquatic therapy. As the owner of North County Water and Sports Therapy Center in San Diego (www.waterpt.com), she continues with hands-on clinical care in addition to her role as educator. Since graduating from the University of Connecticut in 1991, Beth has belonged to the American Physical Therapy Association and has achieved certification as a Clinical Specialist in Orthopedic Physical Therapy. In January 2006, she graduated from Boston University with a Doctor of Physical Therapy degree. Additional certifications include Certified STOTT Pilates™ instructor and Master Instructor for the Burdenko Method.

Beth not only provides continuing education for health care professionals, she is an adjunct faculty in the San Diego Mesa College PTA program, teaching Orthopedic Rehabilitation and Introduction to Pathology courses. She also provides the learning module/instruction on aquatic therapy to the University of St. Augustine San Diego Campus DPT program. She is the recipient of the 2010 ATRI Tsunami Spirit Award and the 2012 ATRI Professional Award.