



The Neuro Orthopaedic Institute is an independent, international group of therapists dedicated to quality education and resource distribution. The nervous system is our prime focus, integrating neuroscience, neurodynamics and manual therapy into patient management.

- ✓ We reinvest some of all course fees into Pain Sciences and Neurodynamics research projects around the world
- ✓ All NOI instructors undergo intensive accreditation and are hand-picked for their depth of knowledge, range of skills and breadth of experience
- ✓ Courses are globally standardised and updated every 6 months to incorporate the latest research
- ✓ For more information log onto our award winning website www.noigroup.com

Explain Pain

A TWO-DAY INTERACTIVE SEMINAR

This course is based on David Butler and Lorimer Moseley's book '**Explain Pain**'. The presenters will help you understand how the pain system works when there are injured tissues and nerves and what happens in the brain in relation to pain experiences. You will also hear about the impact of stress in relation to pain. The seminar is delivered in a way in which any professional working with patients or clients in pain (eg., physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors) can utilise.

Neuroscience can be fun. You'll be introduced to the newest knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems can be critical in pain experiences.

The provision of pain knowledge to patients is an effective evidence based treatment tool. Patients can understand far more than most health professionals realise. The therapeutic tools taught on this course educate patients about how they can use their pain in an effective way, even if it is 'in their head', graded exposure to stimuli which evoke pain and also included are virtual body exercises – exercise your synapses not just your muscles.

All NOI courses are supported by quality workbooks, graphics and post course web involvement.

Registration is open to registered medical practitioners and allied health professionals. Appropriate qualifications and experience are applicable, check with your course host or NOI.

After this seminar, no matter what your base profession is, you will:

- Have a modern understanding of what happens in the body during a pain experience, including gene activity and plastic changes in the brain.
- Understand how pain is a brain construction designed to help us deal with threat, but how and why the brain sometimes turns on too much pain.
- Be aware of the evidence base underpinning neuroscience knowledge as a therapeutic tool.
- Be able to understand or provide the evidence based therapies of education, pacing and virtual body exercises.
- Have had fun, made new networks and been professionally refreshed.

NOI Education System

From the vast clinical and research strengths of the international faculty, NOI has introduced a new seven course quality assured program which covers the role of the nervous system in rehabilitation right through from nerve entrapments in the periphery to chronic pain states and severe neural injury. For more info visit: www.noigroup.com/courses.php

NOI's core philosophy is to provide progressive, current material, always challenging existing management protocols, to promote professional reinvestment, and to ensure that course participants benefit from the most recent research in a fun way.

COURSE PROGRAM

Course programs may have regional variations

DAY ONE: 8.30am - 5pm

Registration 8.30-9.00
Explain Pain – why bother?
Evidence of efficacy
How does the nervous system work - molecular & homuncular targets of therapy
Expanding clinical paradigms
Issues in tissues
Zings and zaps from peripheral nerves
Threat and the role of the immune, motor, endocrine, autonomic and pain construction systems

DAY TWO: 9am - 4pm

Central sensitivity
Pain and motor control
Assessment and threat identification
Explaining pain - models
Biologically based graded exposure
Virtual body exercises

TO REGISTER / MORE INFO

(About any NOI courses)



Online: Submit a **Course Enquiry** via www.noigroup.com/courses.php or email us at info@noigroup.com

SUPPORT MATERIAL

Explain Pain by David Butler and Lorimer Moseley



A ground-breaking concept in its content and presentation, Explain Pain aims to demystify the process of understanding and managing pain. It brings the body to life in a way that makes an interesting read for therapists and pain sufferers alike. Visit our website

www.noigroup.com for more reading.