

## Outline

### Challenging the Definition of Pain

The concept of "wellness"  
Mind-body approach  
Evaluating pain as an emotion  
Are emotions in our conscious control?

### Moving Pain Out of the Forefront

Impacts of placebo and nocebo  
Effects on physiology and mindset  
Therapeutic bias - rituals and meanings in medicine

### Reframing Pain as an Emotion

Interoception and re-framing pain  
Theory of constructed emotion  
Top-down and bottom-up processing  
Behavioral implications  
Importance of the internal self

### Building Therapeutic Alliance: Better Communication, Better Results

Guide to assessment and treatment strategies  
Questions you need to ask  
30-90 seconds to better inform your treatment plan  
Empathy vs compassion  
7 body wisdom principles

### The Key to Change: Valence and Exercise Prescription

Keywords analysis – red flags  
Impact of word choice on patient outcomes  
Body budgets  
Reinforce positive behavior

### Improve Strength, Endurance and Mobility

Exercise selection and prescription  
Flexibility vs mobility vs stability  
Interactive slow charts for exercise selection  
Breathwork  
Simplicity for progression and regression strategies

#### Live Webinar Schedule

*(Times listed in Eastern)*

**10:00** Program begins

**12:30-1:00** Lunch Break

**5:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

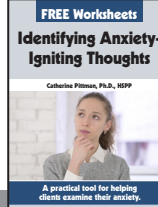
1. Evaluate chronic pain as an emotional experience and assess the implications for behavior in our patients.
2. Investigate the impacts of placebo and nocebo effects on physiology and mindset.
3. Conduct effective assessments by utilizing specific questions to better guide treatment strategies.
4. Implement mind-body practices into current rehabilitation to improve functional outcomes with patients.
5. Utilize progression and regression exercise strategies to meet patients where they are while still achieving objective goals.
6. Determine optimal exercise and behavior dosing strategies to achieve your goals in improving strength, endurance, and mobility in patients.

#### PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesirehab.com/info](http://pesirehab.com/info)!

**FREE BONUS OFFER!**

**Easy-to-Use Anxiety Assessment Tools**



Get yours today at [www.pesi.com/anxietyws](http://www.pesi.com/anxietyws)

**Group Training Solutions Made Easy!**

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesirehab.com/inhouse](http://www.pesirehab.com/inhouse)

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

Join us online, for this live training!

# Re-Defining Chronic Pain Management

Evidence-based Treatments to Achieve Better Patient Outcomes

**LIVE Interactive Webinar**  
**Tuesday, February 23, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:** [pesirehab.com/webcast/84453](http://pesirehab.com/webcast/84453)



**REGISTER NOW:** [pesirehab.com/webcast/84453](http://pesirehab.com/webcast/84453)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Join us online, for this live training!

# Re-Defining Chronic Pain Management

Evidence-based Treatments to Achieve Better Patient Outcomes

- Simple questions that streamline your treatment plan
- A 60 second modification that will improve your clinical outcomes
- Mind-body practices that can redefine what is possible for your patients!
- Strategies that guarantee patient buy-in

**Live Interactive Webinar**  
**Tuesday, February 23, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.

# Re-Defining Chronic Pain Management: Evidence-based Treatments to Achieve Better Patient Outcomes

Despite the habitual use of analgesics, your patients are still in pain. Sometimes, disabling pain.

The pressure is immense – YOU (therapist) are supposed to eliminate their pain.

Move. Massage. Mobilize. Grind. You've done everything that you can do to help them...but have they? What if you were able to give them the tools they need to reframe their pain – and get back to doing the things they love!

These patients are highly receptive to the idea of trying something new. They are open to change because **they need something that will work. And that's where you come in.**

Dr. Joe Lavacca will bring an evidence-based approach to chronic pain management and will explore:

- Step-by-step guide to assessment that will integrate the bio-psycho-social model
- Red flags you are overlooking – and how to tailor your treatment plan to them
- Progression and regression strategies to achieve patient goals
- Mind-body practices that will improve functional outcomes

With an in-depth exploration into best practices and communication tactics, you'll quickly develop buy-in from your patients that will enhance the therapeutic alliance. **You'll gain skills and techniques you can implement immediately to truly bridge the gap between mind and body rehabilitation.**

## Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Athletic Trainers • Chiropractors  
Strength and Conditioning Specialists • Exercise Physiologists • Massage Therapists



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesirehab.com/info](http://www.pesirehab.com/info) or 800-844-8260 and we will make it right.

## Questions?

Visit our FAQ page at [pesirehab.com/faq](http://pesirehab.com/faq) or contact us at [pesirehab.com/info](http://pesirehab.com/info).

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Celestee Roufs** at [croufs@pesi.com](mailto:croufs@pesi.com) or call **715-855-5229**.

## Meet Your Speaker

**Joseph Lavacca, PT, DPT, OCS, CFSC, FMS, FMT-C, SFMA**, is an experienced orthopedic physical therapist who graduated from Sacred Heart University with his Bachelor of Exercise Science Degree in 2008, and his Doctorate of Physical Therapy in 2010. Since that time, he has become board certified in orthopedics through the APTA and has taken courses in advanced movement screening through the FMS and SFMA, completed training to become a Functional Strength Coach, and is an FRC mobility specialist and Kinstretch instructor. More recently he has been focused on enhancing communication and therapeutic alliance with patients through empathy and compassion. Joe has been teaching for 10+ years throughout the nation with RockTape and worldwide with "Top Down, Bottom Up", a lower extremity gait analysis and movement course.

### Speaker Disclosure:

Financial: Joseph Lavacca is the owner of Strength in Motion Physical Therapy. He receives a speaking honorarium from PESI, Inc.

Non-financial: Joseph Lavacca has no relevant non-financial relationship to disclose.

I really appreciate how you tied in mental health/emotions to the pain experienced. As a healthcare provider, this is often a topic of discussion and how they are both so intertwined. Thank you for a great presentation! And for ensuring you spoke about the current environment.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Athletic Trainers, Occupational Therapist, Physical Therapists, and Exercise Physiologists.**

For specific credit approvals and details, visit [pesirehab.com/webcast/84453](http://pesirehab.com/webcast/84453)

### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.0 hours of Category A continuing education.

ASEP members will earn 5 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84453>.

Earn up to  
**6.0 CE**  
Hours for one  
low price!

**Self-study credit:** To check availability for your profession, go to [pesirehab.com](http://pesirehab.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: [www.pesirehab.com/webcast/84453](http://www.pesirehab.com/webcast/84453)

# SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesirehab.com/webcast/84453](http://pesirehab.com/webcast/84453)

## Live Interactive Webinar (Option 1)

February 23, 2021 | PWZ84452

\$219.99 tuition

10am Eastern time

### Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar  
*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesirehab.com/info](http://pesirehab.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

\$219.99 | POS064470

### Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate  
CE hours and approvals may vary from live event. Visit [pesirehab.com](http://pesirehab.com) or call 800-844-8260 to check for availability.

## DVD (Option 3)

\$219.99 | RNV064470

### DVD Experience:

- Self-study CE certificate available  
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [pesirehab.com](http://pesirehab.com) or call 800-844-8260 to check for availability and pricing

## OTHER WAYS TO REGISTER

Phone: 800-844-8260

Fax: 800-554-9775

Mail: PESI Rehab

PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-844-8260

## ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

## QUESTIONS

Visit [pesirehab.com/faq](http://pesirehab.com/faq) or contact us at [pesirehab.com/info](http://pesirehab.com/info)

## TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2020