



Understanding Modern Pain Science in Clinical Practice

 Thu, 4th August 2022

 6:00pm - 7:00pm (AEST)

 **FREE Webinar**
A certificate of Attendance will be provided for CPD records



Rosie Gospel



Patricia Hughes



Who Should Attend?

Therapists wanting to increase their understanding of how to manage acute, chronic and neuropathic pain using the InterX device.



What you will learn

- Learn the latest on Pain Education
- Understand how to explain pain to clients and why
- Introduce case studies and clinical application of InterX in the treatment of pain

Register Today!

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Join our webinar via Zoom



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Rosie Gospel

(BAppSc OT)

Accredited Hand Therapist (as awarded by the Australian Hand Therapy Association)

Member of International Association for the Study of Pain, Occupational Therapy Australia, The Australian Pain Society, The Australian Hand Therapy Association and the Australasian Integrative Medicine Association.

Reductionism and our current scientific methods have been incredibly helpful in understanding much about the human body and pain over the past decades. Some leading scientists are now saying that it appears the answers to helping individuals heal from persistent pain states does not lie in reductionistic approaches, or hoping for a single “cure”. The science is increasingly pointing towards complexity and emergence over reductionism and linear models. There is even discussion of new scientific methods aided by artificial intelligence to assist in processing the level of complexity in the data being discovered.

I find this new direction in pain science incredibly exciting! My main passion is working with people with persistent pain states and other chronic health conditions. My background is occupational therapy and hand therapy, but I am currently working with people who have Complex Regional Pain Syndrome (CRPS). Early 2020 I attended InterX training with Dr Zulia Frost. I have been using InterX and Flexbeams extensively with my patients over the last couple of years.

While administering InterX and/or Flexbeams, I find it is often a great opportunity to try to increase my patients’ learning so they can take a more active role in their recovery. Depending on my assessment of my patient’s capacity for new learning, I will commonly discuss topics such as the vagus nerve, the autonomic nervous system, unhealthy inflammation and modern pain science.

In this webinar, I will be focusing on how and why many clients could and should be taught about modern pain science. The more we learn about pain, the more we see there is a dizzying amount of complexity. This complexity however, gives us many different avenues to pursue when it comes to treating persistent pain states. Teaching clients about pain is often not easy, but there is plenty of evidence that it can be an incredibly worthwhile endeavour.



Patricia Hughes

Senior Occupational Therapist

Better Access to Mental Health Practitioner

Teacher at Monash University

In 1990, I was involved in a light plane crash and was not expected to live. I suffered critical head injuries and broke my back in six places, together with other various physical injuries and severe psychological sequelae. After surviving the crash, Doctors told me that I would never work, walk or be able to do anything again. Following six years of “nothingness”, I began seeing an Occupational Therapist and she enabled me to “live again” and to engage once more in everyday meaningful activities. I was inspired by the impact she made on my life and I had an epiphany that I survived in order to become an Occupational Therapist. In 1996, at the age of 42, I commenced my studies at La Trobe University in Melbourne, on two walking sticks. After four years of hard work, I graduated, but without the walking sticks!

Managing pain is a crucial focus for both myself and my clients. In 2014, I opened up my own pain clinic in Toowoomba, Queensland, and included InterX therapy as an essential part of helping my clients to understand and manage their pain.

In this webinar, I will be focusing on the importance of understanding pain and how we can also manage it with our brain.

