



Master Class:
MDT Management of Chronic Pain
COURSE OUTLINE

Course Description Information:

Understanding pain requires a comprehensive approach that considers both physical and mental well-being within the framework of the International Classification of Functioning, Disability, and Health (ICF). This course will explore key principles of pain assessment and management, with a focus on how clinicians can apply Mechanical Diagnosis and Therapy (MDT) concepts to guide treatment decisions. Participants will discuss practical strategies for addressing the management of Chronic Pain Syndrome and optimizing patient outcomes through evidence-based interventions.

Course Instructors:

Jane Borgehammar, PT, DSc, OCS, Dip. MDT, FAAOMPT

Melissa Kolski PT, DPT, OCS, Dip. MDT

Course Fee: \$450

Eligibility: Part C course completion is required

Objectives:

Upon completion of this course, participants will be able to:

- Discuss current research and trends in identification of pain mechanisms in subgroupings of nociception, peripheral neuropathic and nociplastic changes.
- Identify the history and examination findings from an MDT exam that result in MDT classification of Chronic Pain Syndrome
- Describe psychosocial considerations for persons living with persistent pain.
- Demonstrate the ability to problem solve strategies for patients with various pain behaviors and psychosocial considerations
- Evaluate the evidence and apply appropriate screening tools to identify strategies for the patient with persistent pain.
- Theorize how objective patient findings could inform clinical management of individuals with symptoms of persistent pain.

Course Schedule:

This hybrid course includes 6 hours of self-paced pre-work to be completed before the two consecutive Wednesday live interactive sessions on May 14 and 21 from 4:00pm – 8:00pmEDT.

The comprehensive course manual will be provided in the Schoology learning platform where you will complete the self-paced assignments.

Pre-Virtual Course Preparation (Self-Paced Online Content in Schoology)

6 hours of self-paced online to complete before May 13th with content covering:

- Pain Processing (Module 1) - 77 minutes
- Therapeutic Alliance (Module 2) - 59 minutes
- Cognitive / Emotional Factors (Module 3) - 38 minutes
- Comorbidities (Module 4) - 34 minutes
- Autonomic System (Module 5) - 26 minutes
- Graded Motor Imagery (GMI) (Module 6) - 27 minutes
- Graded Exposure (Module 7) - 34 minutes
- Graded Activity (Module 8) - 30 minutes
- Follow-Up and Goal Setting (Module 9) - 39 minutes



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Session 1: Wednesday, May 14th

Virtual Instruction - ZOOM

4:00 PM – 8:00 PM EDT

Featuring – Instructor-led discussion with interactive elements, Small Group Breakout Sessions and problem-solving strategies.

4:00 – 5:00pm	Module 1: Pain Processing
5:00 – 5:45pm	Module 2: Therapeutic Alliance
5:45 – 6:45pm	Module 3: Cognitive and Emotional Factors
6:45 – 7:30pm	Module 4: Comorbidities
7:30 – 8:00pm	Putting it all Together

Session 2: Wednesday, May 21st

Virtual Instruction - ZOOM

4:00 PM – 8:00 PM EDT

Featuring - Instructor-led discussion with interactive elements, Small Group Breakout Sessions and problem-solving strategies. Be prepared to share your camera and be on screen.

4:00 – 5:00pm	Module 5: Autonomic Nervous System
5:00 – 6:00pm	Module 6: Graded Motor Imagery
6:00 – 7:30pm	Module 7-8: Graded Exposure & Graded Activity
7:30 – 8:00pm	Module 9: Follow up and Goal Setting