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# McLeod Sports Medicine Symposium

## The Art of Manipulating Pain in Your Athlete: Holistic and Manual Techniques

A CONTINUING MEDICAL EDUCATION SEMINAR



JUNE 24, 2017

**McLeod**  
Sports Medicine

P.O. Box 100551  
Florence, SC 29502-0551

### CONTINUING EDUCATION CREDIT

**Athletic Trainers:** Pee Dee AHEC/McLeod Regional Medical Center 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 2.75 hours of EBP Category continuing education hours and 4.5 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent in the continuing education activity. BOC Approved EBP Provider #3731. Certified Athletic Trainers are required to provide their BOC Certification Numbers at the on-site registration to receive credits.

**(SC & NC) Physical Therapists and Physical Therapist Assistants:** This program is approved for 7.25 hours by virtue of approval by The South Carolina Chapter of the American Physical Therapy Association (SCAPTA)

**(SC) Occupational Therapists and Occupational Therapist Assistants:** 7.25 hours approved through the South Carolina Occupational Therapy Association (SCOTA)

*McLeod Sports Medicine does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. McLeod Sports Medicine is committed to accessibility and non-discrimination in all aspects of its continuing education activities.*

*Reminder: Per BOC Provider Standards 2.5, all athletic trainers are expected to provide their BOC Number at on-site registration.*



### COURSE DESCRIPTION

#### McLeod Sports Medicine Symposium

#### The Art of Manipulating Pain in Your Athlete: Holistic and Manual Techniques

This course will focus on the clinician approaches to pain after athletic injury. Traditional pain reduction strategies both on the surgical and non-surgical patients, as well as holistic approaches will be addressed. Clinicians will learn how to direct the patient's recovery utilizing different forms of manual therapy as well as psychological techniques. Specific attention will be spent on manual techniques such as dry needling, splinting and casting, and muscle energy. Additionally, psychological assessment focusing on the athlete response to pain and the clinician's management of psychosocial state will be discussed.

**Objectives:** At the conclusion of this symposium, participants should be able to:

1. Identify trigger points, neural sensitivity, and muscle pattern deficits that can all be sources of tissue breakdown or symptom perception in various peripheral joints.
2. Apply different psychological strategies during rehabilitation sessions to aid the clinician in athlete recovery.
3. Summarize different methods used in the surgical setting for reducing post-operative pain and improving recovery time.
4. Identify the current trends in appropriate pharmacological use that can improve an athlete's condition in the injury and pain process.
5. Analyze muscle energy techniques that may result in improved outcomes for specific hip and pelvic conditions in athletes.
6. Discuss how the application of dry needling in conjunction with standard therapeutic techniques can improve the recovery of both acute and chronic conditions.
7. Develop an understanding for the most ideal splinting and casting materials and their application based on the nature of injury.
8. Identify evidence based solutions to the long term symptoms experienced from TBI (Traumatic Brain Injury) based on biofeedback.
9. Recognize how the collaboration of multiple manual therapy techniques can improve recovery time and athlete satisfaction after suffering an injury.

# McLeod Sports Medicine Symposium

June 24, 2017

- 7:30 a.m. Registration and Breakfast
- 7:55 a.m. Welcome
- 8:00 a.m. \*Pain Science...The Science of Pain and Symptom Transmission: Reducing Pain Symptoms in Peripheral Joint Injuries  
*Greg Bielec, DPT, CMTPT, OCS, LAT, ATC, CSCS*
- 9:00 a.m. \*The Psychology of Pain: Assessment and Management in Multidisciplinary Care  
*Ashley Harbin, PhD, CBIS*
- 10:00 a.m. Break
- 10:15 a.m. Multimodal Pain Management of the Surgical Patient  
*Patrick Denton, MD*
- 11:15 a.m. Pain Crisis in Athletics: Pharmacology and Appropriate use for Athletes  
*Chadley Runyan, MD*
- 12:00 p.m. Lunch
- 12:15 p.m. Panel Discussion
- 12:45 p.m. Breakout Session 1
- 1:30 p.m. Breakout Session 2
- 2:15 p.m. Break

2:30 p.m. Breakout Session 3

3:15 p.m. Breakout Session 4

## Breakout Sessions (Pick 4)

1. \*Hip and Pelvic Assessment and Treatment Using Muscle Energy Techniques, *Joe Cauble, MA, ATC*
2. Stickin' it to Pain – A Dry Needling Approach
  - a. *MyoPain, Greg Bielec, ATC, DPT*
  - b. *Kinetacore, Coreen Konopka, PTA*
  - c. *Integrative Dry Needling, Matt Ferguson, DPT*
3. Manual Therapy Techniques  
*Brad Seger, DPT*
4. Making Headway... Effective Solutions for Long-Term Symptoms from Single or Repeated TBI
  - a. *Hillary Shafto, LPCA*
  - b. *Reggie Clark, Former NFL Player*
5. Splinting and Casting with Fiberglass  
*Cliff Bailey, OTC*

▶ Please register by:  
**June 16, 2017**

\*BOC approved EBP CEUs

## GENERAL INFORMATION

### LOCATION

SiMT (Southeastern Institute of Manufacturing and Technology) at Florence Darlington Technical College  
1951 Pisgah Road  
Florence, SC 29502  
[www.simt.com](http://www.simt.com)

### COURSE FEE

\$100 Registration  
\$25 Student Registration  
Lunch Provided

### ON-LINE REGISTRATION INFORMATION

Register on-line at [peedeeahcec.net](http://peedeeahcec.net).  
If you should require assistance you may call (843) 777-5343.

### CERTIFICATES

Professional continuing education certificates will be made available after completing an evaluation. Instructions for this process will be given at each class. You must be present for 90% of the program in order to receive credit. No partial credit can be given.

### HOTEL INFORMATION

We have obtained special rates from the following hotels. Please indicate that you are attending the McLeod Sports Medicine Symposium when making reservations.

Courtyard (843-662-7066)  
(Near Magnolia Mall)  
\$83 until 6/9/17

Hampton Inn & Suites (843-662-7000)  
(Near the SiMT Building)  
\$109 until 5/26/17 Code: CHXMLS

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