

OAO
Annual
Conference
2020

An Osteopathic Perspective on **Pain**

May 1 - 2, 2020

Hilton Mississauga
6750 Mississauga Rd,
Mississauga, ON L5N 2L3

International Speakers | Workshops | Discussion Panels | Social Events



SCHEDULE AT A GLANCE

2020 OAO Annual Conference



Sponsored by: Ontario Association of
Osteopathic Manual
Practitioners (OAO)

May 1 & 2, 2020

Hilton Mississauga/Meadowvale
6750 Mississauga Rd, Mississauga, ON L5N 2L3

Friday, May 1, 2020					
Time	Hazel McCallion Ballroom	South Studio 1	South Studio 2	South Studio 3	North Studio 1
7:30-8:30	Breakfast - Included				
8:30-9:00	Welcome Introductions				
9:00-10:30	Dr Alison Sim Keynote Speaker (2.25 CEUs) Tell me your Story...Pain Heroes				
10:30-10:45	Break				
10:45-12:15	(2.25 CEUs)	Dr Oliver Thomson Words Matter - New Ways of Talking, Thinking, Touching and Moving	Dr David Walton Measuring the Unmeasurable and Predicting the Unpredictable: Advances in Pain Measurement and Prognosis	Dr René Pelletier The ABCs on the Science of Pain	Erik Ouellet Dermoneuromodulation Part 1 Pain and DNM in a Nutshell
12:15-1:45	Lunch - Included				
1:45-3:15	(2.25 CEUs)	Dr Alison Sim Motivational Interviewing	Dr Melanie Noel Remembering the Pain of Childhood	Dr René Pelletier The Science of Pain and the Practice of Osteopathy	Erik Ouellet Dermoneuromodulation Part 2 Lab Work - Neck and Upper Body
3:15-3:30	Break				
3:30-5:00	(2.25 CEUs)	Dr Oliver Thomson Words Matter - New Ways of Talking, Thinking, Touching and Moving	Dr David Walton Measuring the Unmeasurable and Predicting the Unpredictable: Advances in Pain Measurement and Prognosis	Dr René Pelletier The ABCs on the Science of Pain	Erik Ouellet Dermoneuromodulation Part 3 Lab Work - Lower Back & Pelvis
5:00-6:00	Free Time- Delegate on Own				
6:00-9:00	Networking Session - Included with Conference Registration				
Saturday, May 2, 2020					
Time	Hazel McCallion Ballroom	South Studio 1	South Studio 2	South Studio 3	North Studio 1
7:15-8:00	Mindfulness Practice Optional				
8:00-9:00	Breakfast - Included				
9:00-10:30	Dr Oliver Thomson Keynote Speaker (2.25 CEUs) More than just a Number- The Value of Qualitative Research in the Osteopathic Management of Chronic Pain				
10:30-10:45	Break				
10:45-12:15	(2.25 CEUs)	Dr Alison Sim Headaches and Migraines	Dr Melanie Noel Trauma and Pain Across the Lifespan	Dr René Pelletier The Science of Pain and the Practice of Osteopathy	Erik Ouellet Dermoneuromodulation Part 4 Lab Work - Lower Limbs
12:15-1:45	Lunch - Included				
1:45-3:00	OSTEO TALKS (1.75 CEUs)	Monica Noy	Danielle Woods	Shauna Ironside	
3:00-3:15	Break				



An Osteopathic Perspective on **Pain**

WELCOME

2020 OAO Annual Conference An Osteopathic Perspective on Pain

Organized and curated by the Ontario Association of Osteopathic Manual Practitioners (OAO), this inaugural annual conference is a two-day event that brings together the community of osteopathic practitioners united by their passion for knowledge.

Learn from and be inspired by some of the world's most renowned osteopathic innovators, thinkers, and leaders.

*Man is composed of matter, movement, and spirit.
Andrew T. Still, Founder of Osteopathy*

THE SPEAKERS

2020 OAO CONFERENCE

TRANSFORMING HEALTHCARE AND PAIN SCIENCE RESEARCH



DR ALISON SIM

GLEN IRIS, AUSTRALIA

MSc Med (Pain management)
MHSc (osteo) BSc(clin sci)



DR OLIVER THOMSON

LONDON, UNITED KINGDOM

PhD, MSc, BSc (Hons), DO



DR RENÉ PELLETIER

ST-JEAN-SUR-RICHELIEU, CANADA

B.A., M.Sc Ph.D. in Rehabilitation
Science, DipOMP



DR MELANIE NOEL

CALGARY, CANADA

BSc, MSc, PhD, Clinical Child
Internship, Post-Doctoral
Fellowship



ERIK OUELLET

MONTREAL CANADA

Osteopathic Manual Practitioner,
Massage Therapist and Personal
Trainer



DR DAVID WALTON

LONDON CANADA

BScPT, MSc, PhD

THE SESSIONS

FRIDAY, MAY 01, 2020

9:00-10:30

Hazel McCallion Ballroom

Keynote Presentation

Tell me your story.....

Dr Alison Sim

In this Keynote, Dr Alison Sim will be sharing patient stories from her book "Pain Heroes - Stories of Hope and Recovery". These stories will share the concepts of how important it is to understand that the way in which we interact with our patient has more influence on their outcomes than anything you can do with your hands.

Dr Sim will be discussing how validation, reflective listening, and open-ended questioning are so important in helping our patients overcome pain. Talking to our patients about their pain "is" our job.

10:45-12:15

South Studio 1

Concurrent Presentation

Words Matter - New Ways of Talking, Thinking, Touching and Moving

Dr Oliver Thomson

This workshop provides an opportunity for practicing Osteopathic Manual Practitioners to advance their understanding of pain, disability and the biopsychosocial model (BPS) as it applies to the clinical management, treatment and decision-making of individuals with back pain.

Many of the theories utilized by Osteopathic Manual Practitioners are underpinned by biomechanical and bio-medical assumptions regarding pain and disability, and it can be challenging (and confusing) for practitioners to integrate these models with a contemporary evidence-informed BPS approach. Drawing upon the latest research from the fields of pain psychology, back pain and therapeutic communication, the session will provide an evidence-based framework for the application and integration of manual therapy and communication skills. This workshop integrates theory with practice and will enable participants to respond appropriately to the recent changes and development within the field of back pain. Participants will confidently embrace the uncertainty associated with the evaluation and management of acute and chronic back pain sufferers in the context of an osteopathic approach, with strategies for effective and therapeutic communication with patients experiencing back pain discussed.

10:45-12:15

South Studio 2

Concurrent Presentation

Measuring the Unmeasurable and Predicting the Unpredictable: Advances in Pain Measurement and Prognosis

Dr David Walton

How do we measure something as invisible and subjective as pain, and what are the effects of doing so on our patients and our own clinical decisions? How can we identify the patient with acute pain at greatest risk of persistent or chronic pain? How can we know what a patient was like prior to their injury, and how can that knowledge influence these evaluations and predictions? Dr. Dave Walton PT PhD is a global leader in acute spinal pain evaluation and prognosis, and will engage participants in a journey through traditional thinking on these topics, cutting-edge new evidence, and a critical reflection on the future of pain management and rehabilitation with a focus on spinal (neck and low back) injuries in adults. This will be a mix of theory, concrete new tools that can be implemented now, and discussion about future directions and impacts in the global battle against chronic pain.

THE SESSIONS

FRIDAY, MAY 01, 2020

10:45-12:15
South Studio 3
Concurrent Presentation

The ABCs on the Science of Pain

Dr René Pelletier

The last three decades has seen an exponential growth of studies related to the neurobiology of pain. These studies have challenged many of our previous held beliefs regarding pain leading to a re-conceptualization of what pain is and what it is not. There has emerged an understanding that pain is a perceptual experience that is modulated by psychological, social and somatic factors. Pain is not a direct manifestation of the integrity of the tissues in the body, and this discordance between pain and tissue integrity becomes all the more evident with chronic pain. This workshop will provide you with a synopsis on the new developments regarding our understanding of pain. Concepts such as peripheral and central sensitisation, hyperalgesia, allodynia, descending modulatory systems, neuroplastic changes in sensory, motor, affective and motivational processes, and psychosocial factors related to pain will be presented. The information presented will be transformative for you as an Osteopathic Manual Practitioner and for the persons who consult with you.

10:45-12:15
North Studio 1
Concurrent Presentation

Dermoneuromodulation Part 1 of 4

Pain and DNM in a Nutshell

Erik Ouellet

The current musculoskeletal model of pain has been re-conceptualized to include a neurological world view, within a biopsychosocial model of care that centres around the lived experience of the person in pain. Our understanding of pain has greatly evolved from the belief that pain originates from faulty postural, structural and mechanical issues, to pain as a complex phenomenon, with a variety of contextual information processed by the nervous system and expressed by the person. This change has left a chasm in the world of manual therapy. Osteopathic Manual Practitioners are well versed in biomechanical techniques for musculoskeletal care, but their reasoning stems from an almost exclusively tissue-based model.

Dermoneuromodulation (DNM) moves away from tissue-based reasoning to help practitioners understand the neurophysiology of touch and its down-regulating effects for people living with pain. Like many indirect osteopathic techniques DNM is light, sustained touch, with intelligent, caring hands that considers the branches of the nervous system from the skin, back to the CNS. Through neurodynamic principles of positioning, skin stretch and movement DNM can help modulate a painful state.

1:45-3:15
South Studio 1
Concurrent Presentation

Motivational Interviewing

Dr Alison Sim

This 90-minute introductory session covers the basics of the science of communication and why becoming skilled in this area can help your clinical outcomes more than you might imagine. In this session we will review the literature of therapeutic alliance and how we can build this into our interactions with clients.

We will also discuss Motivational Interviewing as an approach to helping clients make important health decisions that translate through to behavioural change. You will learn strategies to help implement these approaches in common clinical scenarios which you can implement in your clinic on Monday morning!

THE SESSIONS

FRIDAY, MAY 01, 2020

1:45-3:15
South Studio 2
Concurrent Presentation

Remembering the Pain of Childhood

Dr Melanie Noel

From the first days of birth, infants can form memories of pain. Once formed, these memories play a powerful role in shaping future pain and health care experiences. As children acquire language and their explicit memory system develops, these memories become constructed and reconstructed in their interactions with others, and particularly for young children, in their interactions with parents. Memory is not like a tape recorder. Rather these memories are highly susceptible to distortion. Children who develop negative biases in memory (e.g. they recall more pain than they initially experienced) are at risk for developing fears and avoidance of pain and health care, and are also at risk for pain transitioning from an acute to chronic state. Moreover, emerging research suggests that brain regions associated with memory are implicated in the chronic pain state in youth. Dr Noel will describe a program of research that is establishing factors implicated in the development of children's memories for pain, the role of pain memories in future pain experiences, and the development of a parent-led psychological intervention to reframe children's pain memories to buffer against the development of memory biases and lead to better pain outcomes in the future.

1:45-3:15
South Studio 3
Concurrent Presentation

The Science of Pain and the Practice of Osteopathy

Dr René Pelletier

Pain is the principal reason why persons consult with an Osteopathic Manual Practitioner. Anchored within traditional models of care in both medicine and osteopathic manual therapy is the belief that pain is an experience related to damage to bodily structures, and in the case of osteopathy in somatic dysfunction. The osteopathic adage, "Find it, fix it, and leave it alone" may not be amenable for persons experiencing chronic pain. In fact, modern pain science challenges these biomedical models demonstrating that pain, particularly chronic pain, is a different entity. People experiencing chronic pain demonstrate neuroplastic changes across distributed areas of the central nervous system, and these neuroplastic changes appear to be part of the pathophysiological processes of persons suffering with chronic pain. This workshop will share with you what you can do as an Osteopathic Manual Practitioner to support the persons who consult with you through education, reassurance, osteopathic manual therapy and in concert with other health care providers to address these neurobiological processes. This workshop will challenge some of your beliefs regarding pain and osteopathic manual therapy but empower you with simple interventions that can enhance your practice to help persons with acute and chronic pain.

1:45-3:15
North Studio 1
Concurrent Presentation

Dermoneuromodulation Part 2 of 4

Lab Work - Neck and Upper Body

Erik Ouellet

Part 1 recommended as a prerequisite

Limited Seating

The current musculoskeletal model of pain has been re-conceptualized to include a neurological world view, within a biopsychosocial model of care that centres around the lived experience of the person in pain. Our understanding of pain has greatly evolved from the belief that pain originates from faulty postural, structural and mechanical issues, to pain as a complex phenomenon, with a variety of contextual information processed by the nervous system and expressed by the person. This change has left a chasm in the world of manual therapy. Osteopathic Manual Practitioners are well versed in biomechanical techniques for musculoskeletal care, but their reasoning stems from an almost exclusively tissue-based model.

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THE SESSIONS

FRIDAY, MAY 01, 2020

3:30-5:00

South Studio 1

Concurrent Presentation

Words Matter - New Ways of Talking, Thinking, Touching and Moving

Dr Oliver Thomson

This workshop provides an opportunity for Osteopathic Manual Practitioners to advance their understanding of pain, disability and the biopsychosocial model (BPS) as it applies to the clinical management, treatment and decision-making of individuals with low back pain.

Many of the theories utilized by Osteopathic Manual Practitioners are underpinned by biomechanical and bio-medical assumptions regarding pain and disability, and it can be challenging (and confusing!) for practitioners to integrate these models with a contemporary evidence informed BPS approach. Drawing upon the latest research from the fields of psychology of back pain, communication and therapeutic movement, the course will provide an evidence-based framework for the application and integration of manual therapy skills, communication strategies, clinical reasoning and exercise-based rehabilitation techniques. This course integrates theory with practice and will enable participants to respond appropriately to the rapid changes and development within the field of back pain. Participants will confidently embrace the uncertainty associated with the evaluation and management of acute and chronic back pain sufferers in the context of a BPS approach.

3:30-5:00

South Studio 2

Concurrent Presentation

Measuring the Unmeasurable and Predicting the Unpredictable: Advances in Pain Measurement and Prognosis

Dr David Walton

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South Studio 3

Concurrent Presentation

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THE SESSIONS

SATURDAY, MAY 2, 2020

3:30-5:00
North Studio 1
Concurrent Presentation

Dermoneuromodulation Part 3 of 4

Lab Work - Lower Back & Pelvis

Erik Ouellet

Part 1 recommended
as a prerequisite

Limited Seating

The current musculoskeletal model of pain has been re-conceptualized to include a neurological world view, within a biopsychosocial model of care that centres around the lived experience of the person in pain. Our understanding of pain has greatly evolved from the belief that pain originates from faulty postural, structural and mechanical issues, to pain as a complex phenomenon, with a variety of contextual information processed by the nervous system and expressed by the person. This change has left a chasm in the world of manual therapy. Osteopathic Manual Practitioners are well versed in biomechanical techniques for musculoskeletal care, but their reasoning stems from an almost exclusively tissue-based model.

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9:00-10:30
Hazel McCallion Ballroom
Keynote Presentation

More than just a Number- The Value of Qualitative Research in the Osteopathic Management of Chronic Pain

Dr Oliver Thomson

The establishment of the biopsychosocial nature of pain requires researchers, practitioners, educators and students to utilise research methodologies which are able to help understand human experience and meaning within a given context; and this is now recognised as an important contribution to a progressive model of evidence-based practice (EBP). However osteopathic research has largely focused on quantitative research to develop its evidence-base and inform the technical rational areas of clinical practice in relation to chronic musculoskeletal pain. This keynote will argue that a greater use of qualitative research will help empower Osteopathic Manual Practitioners to adopt a biopsychosocial and patient-centred approach to their management of persistent pain.

10:45-12:15
South Studio 1
Concurrent Presentation

Headaches and Migraines

Dr Alison Sim

Based on the International Headache Society classification of headache disorders, Dr Sim will discuss the importance of assessing head pain keeping safety and red flags in mind. Dr Sim will highlight what questions should be asked during an assessment and identify the tell-tale signs to look to know when to refer out.

Dr Sim will share the treatment approaches used on different types of headaches and review the literature around their efficacy.

10:45-12:15
South Studio 2
Concurrent Presentation

Trauma and Pain Across the Lifespan

Dr Melanie Noel

Painful experiences (e.g. surgeries, injuries) can be traumatic for individuals of any age, but adverse experiences and trauma in early life play important role in the development of enduring pain problems. Indeed, compelling epidemiological research suggests that early life trauma can get "under the skin" to influence pain problems later in life. Children with chronic pain and their parents experience trauma symptoms at much higher rates than non-pain populations and trauma is linked to worse pain and functioning.

THE SESSIONS

SATURDAY, MAY 2, 2020

Continued...

10:45-12:15

South Studio 2

Concurrent Presentation

Dr Noel will present a body of research documenting these alarming prevalence rates and the integral link between PTSD and chronic pain. She will present new prospective data from a cohort of treatment-seeking youth with chronic pain and their parents (N=180) integrating methods in brain-imaging, eye-tracking, ecological momentary assessment, and activity monitoring demonstrating the roles of brain activation, cognitive biases, sleep disturbances and parent factors in the co-occurrence and maintenance of trauma (ACEs, PTSD) and chronic pain. Data demonstrating epigenetic mechanisms underlying the intergenerational transmission of risk for pediatric chronic pain from parents to children will be presented. Finally, Dr Noel will discuss the critical importance of assessment and treatment approaches to offset the devastating effects of this co-occurrence and prevent this problem from affecting future generations of youth.

10:45-12:15

South Studio 3

Concurrent Presentation

The Science of Pain and the Practice of Osteopathy

Dr René Pelletier

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damage to bodily structures, and in the case of osteopathy in somatic dysfunction. The osteopathic adage, "Find it, fix it, and leave it alone" may not be amenable for persons experiencing chronic pain. In fact, modern pain science challenges these biomedical models demonstrating that pain, particularly chronic pain, is a different entity. People experiencing chronic pain demonstrate neuroplastic changes across distributed areas of the central nervous system, and these neuroplastic changes appear to be part of the pathophysiological processes of persons suffering with chronic pain. This workshop will share with you what you can do as an Osteopathic Manual Practitioner to support the persons who consult with you through education, reassurance, osteopathic manual therapy and in concert with other health care providers to address these neurobiological processes. This workshop will challenge some of your beliefs regarding pain and osteopathic manual therapy but empower you with simple interventions that can enhance your practice to help persons with acute and chronic pain.

10:45-12:15

North Studio 1

Concurrent Presentation

Dermoneuromodulation Part 4 of 4

Lab Work - Lower Limbs

Erik Ouellet

Part 1 recommended as a prerequisite

Limited Seating

The current musculoskeletal model of pain has been re-conceptualized to include a neurological world view, within a biopsychosocial model of care that centres around the lived experience of the person in pain.

Our understanding of pain has greatly evolved from the belief that pain originates from faulty postural, structural and mechanical issues, to pain as a complex phenomenon, with a variety of contextual information processed by the nervous system and expressed by the person. This change has left a chasm in the world of manual therapy. Osteopathic Manual Practitioners are well versed in biomechanical techniques for musculoskeletal care, but their reasoning stems from an almost exclusively tissue-based model.

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1:45-3:00

Hazel McCallion Ballroom

OSTEO TALKS

OSTEO TALKS

Shauna Ironside

Monica Noy

Danielle Woods

OSTEO Talks is an educational session with engaging and charismatic speakers. This year, in a series of short, compelling talks, the OAO will be having three of our members share their exploration into pain science, and how they are integrating evidence-based pain management concepts and strategies into their Osteopathic practice.

THE SESSIONS

SATURDAY, MAY 2, 2020

3:15-5:15

Hazel McCallion Ballroom

Closing Presentation

An Osteopathic Perspective on Pain Closing Panel

Dr Melanie Noel, Erik Ouellet, Dr René Pelletier, Dr Alison Sim, & Dr Oliver Thomson

Moderated by Monica Noy

Join us in wrapping up the conference by becoming part of a conversation with the presenters who will share facts, exchange opinions, explore relevant or controversial topics in pain science, and respond to the questions you've submitted throughout the conference. Questions directly from the audience will also be part of the conversation as the panellists weave through the topics that are being explored. This is a chance to get to know the speakers better and engage with the national and international osteopathic experts in pain.

Expand your
professional
network at
the OAO Social!



Catch up with familiar friends, meet your fellow attendees and enjoy our Special Guest Celebrated Comedian

Jessica Holmes

Enjoy an evening of inspired conversation and new connections!

This event is included with your conference registration.

Guests are welcome to attend this fun filled evening event.*

*Additional guest tickets and payment required.

You may note that in the conference program, and during sessions at the conference, some of the international speakers may use the title 'osteopath'. We remind our members that in Ontario, the title 'osteopath' is restricted to the members of the College of Physicians and Surgeons of Ontario (CPSO).

This means that if you are practicing in Ontario unless you are a member of the CPSO, you should not be referring to yourself as an 'osteopath' when communicating with anyone. You may refer to yourself as an 'Osteopathic Manual Practitioner', and you may say you practice 'osteopathy' and that you provide 'osteopathic' treatments.

THANK YOU FOR ATTENDING

MANY THANKS TO THE 2020 CONFERENCE COMMITTEE

CAROLYN ZEPF, CONFERENCE CHAIR

LISA BEAULIEU

CATHERINE CABRAL-MAROTTA

GUYLAINE GOLDEN

MONICA NOY

DAVID SABOURIN



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An Osteopathic Perspective on **Pain**

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