



Persistent Pain in the Person with Orthopaedic Disorders

presented by:

**Kathleen Geist, PT, DPT, OCS, FAAOMPT
Brian Maloney, PT, DPT, NCS**

Summer 2021

Online course

3.5 Continuing Competency Hours

Course Description

This intermediate level course will provide tools for the attendee to utilize for treatment approaches in individuals with persistent (chronic) pain. An introduction to the course will include anatomical and biopsychosocial considerations that influence the transition to persistent pain, in addition to the integration of tests and measures that suggest the presence of cortical reorganization and neuroplasticity among individuals with persistent pain syndromes. The course will outline the assessment and evidence-supported treatment interventions to improve self-efficacy, outcomes, and physical function for individuals with persistent pain. Relevant outcome measures will be discussed, and other resources provided. A case study will be presented that demonstrates how attendees can implement these treatment strategies in individuals with common orthopaedic persistent pain syndromes.

Learning Objectives

- The Learner will be able to identify chronic pain and specific pain descriptors
- The Learner will be able to educate a patient on the pain pathways and how they may change when dealing with chronic pain
- The Learner will be able to create and implement a treatment plan, refer as necessary, to other appropriate disciplines

Instructor Biographies

Brian Maloney, PT, DPT, NCS received his Doctorate of Physical Therapy from Emory University in 2011. He is a certified Neurologic Clinical Specialist. Dr. Maloney is Adjunct Faculty in the DPT program at Emory University. Throughout his career he has treated patients with both neurologic and orthopedic injuries. He has worked in various setting including inpatient rehab, home health, and outpatient settings. He has served as a mentor to neurologic physical therapy residents from Emory University and Mercer University. He has also collaborated with GA Tech's Biomedical Engineering School for student capstone projects. Dr. Maloney is involved nationally with the Academy of Aquatic Physical Therapy. He is an item writer for the ABPTS. Lastly, his research interests include various low tech interventions including aquatic physical therapy.

Kathleen Geist, PT, DPT, OCS, FAAOMPT, received her B.S. in Physical Therapy from Georgia State University in 1997 and received a post-professional DPT in 2010 from the University of Indianapolis. She is a certified Orthopedic Clinical Specialist and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists. She is the Director of the Orthopedic Physical Therapy Residency program and is an Associate Professor at Emory University. Her research interests include the utilization of dry needling in orthopedic conditions and manual therapy. She has published within the journals Foot and Ankle Specialist and Foot and Ankle International, International Journal of Sport Physical Therapy, and Physiotherapy Theory Practice, and was a contributing author within the textbook Physical Therapy of the Shoulder. Dr. Geist is serving as President-elect for the APTA Georgia chapter, the Vice President of the Orthopedic and Residency Special Interest Group and a member of the Practice Committee of the Academy of Orthopaedics of the American Physical Therapy Association.

Registration & Pretest:

<https://form.jotform.com/EmoryDPT/1201-persistent-pain-pre>