

## 2019 Rehab Net Ortho Spring Seminar

Registration Deadline : March 31, 2019

### Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

License Type/Number \_\_\_\_\_

STATUS	Course Cost
Rehab Net Members - Please indicate below if	n/c <input type="checkbox"/>
Staying for lunch— Lunch	n/c <input type="checkbox"/>
Non-Members—register & pay before 3/1/19	\$159 <input type="checkbox"/>
Non-Members- 3/1/19– 3/31/19	\$199 <input type="checkbox"/>
SLP/OT/COTA Students	\$49 <input type="checkbox"/>

(Lunch will be provided for Rehab Net members for the business meeting. All others will be on their own for lunch.)

Parking is free at the Wyndham Riverfront.

Total Enclosed for Registration \_\_\_\_\_

Or you can register online and pay with a credit card at  
[www.rehabnet-ar.com/calendar.html](http://www.rehabnet-ar.com/calendar.html)

**Please Make Registration Checks to:  
 Rehab Net**

P.O. Box 202  
 Conway, AR 72033  
 501-548-6003 ph// 844-209-1709 fax  
[rehabnet.ar@gmail.com](mailto:rehabnet.ar@gmail.com)



Also on April 12-13, 2019

Rehab Net Spring  
 Pediatric Seminar 2019

### Feeding Therapy: A Sensory Motor Approach (2-day)

Lori Overland, MS, CCC-  
 SLP, NDT

Wyndham Riverfront  
 North Little Rock, AR  
 12 Contact Hours

See [www.rehabnet-ar.com](http://www.rehabnet-ar.com) for  
 information on this course.

Rehab Net of Arkansas  
 Presents

Published by Rehab Net of AR

## Rehab Net Spring Ortho Seminar 2019



### Addiction and Chronic Musculoskeletal Pain: Strategies for the Tough Cases

Mark Bishop, PT, PhD

April 13, 2019

Wyndham Riverfront  
 North Little Rock, AR

6.0 Contact Hours

Rehabilitation Network of Arkansas

## Agenda

- 8:00am-8:30am Registration and Refreshments with Vendors
- 8:30am-9:30am Overview of the Substance Abuse Disorder Crisis
- History and Progression of the Epidemic, Costs, Burden on Society
  - Therapist solutions: legislative, public relations and practice
- 9:30am-10:30am Understanding Substance Abuse Disorder
- Neurobiology of Addiction
  - Medication Assisted Therapies for Addiction
  - Addiction and Co-Occurring Conditions
- 10:30am-10:45am Break with Vendors
- 10:45am-11:45am Understanding Pain
- Neurobiology of Pain
  - Pain and Co-Occurring Conditions
- 11:45am-1:15pm Lunch meeting for Rehab Net Members  
Non-Members lunch on your own
- 1:15pm-2:15pm Physical Therapist Led Management Strategies in Addiction Recovery
- Relationship between Addiction and Pain
  - Screening and Measuring
  - Strategies for Enhancing Participation of the Patient
- 2:15pm-2:30pm Break with Vendors
- 2:30pm-3:30pm Practicing in the Addiction Recovery Setting
- Understanding the Role of Other Healthcare Team Members in an Addiction Recovery Setting
  - Communication Strategies for the Medical and Psychological Team Members
  - Case Based Examples of Barriers and Solutions
- 3:30pm-4:30pm Specific Example Strategies for Graded Exposure and Exercise Prescription

## Are You a Private Practice Therapy Clinic Owner and NOT in Rehab Net Yet, See Why You Should be

83 private practices with 141 locations with over 1000 PTs, PTAs, OTs, COTAs and SLPs all in Arkansas. The strength of collaboration allows Rehab Net negotiating ability to more effectively navigate a changing healthcare environment.

- **Lobbying** - Rehab Net works extensively with one of the most respected lobbyist in Arkansas. Bill Phillips works jointly for the ArPTA and Rehab Net and as a member of Rehab Net, private practice pediatric therapy would be represented in the state legislature.
- **Networking**— Many pediatric clinics feel as if they are competing against all the other pediatric clinics. Rehab Net has shown our members that they need not compete against other private practices, as there is enough business for us all. Our goal is to work together to compete against the big corporations and decreasing reimbursement. Networking helps us all be on the same page and to be better practice owners, better therapists, and better office managers.
- **Continuing Education for Staff**—Rehab Net is eager to expand their continuing education to a dual track program including courses for both orthopedic practices and pediatric practices. Rehab Net brings highly sought after speakers to Arkansas. Rehab Net has already began providing no cost courses in pediatrics for it's members through their partnership with the ArPTA to put on the OPTimize Conference each year.
- **Compliance Tools**— Rehab Net maintains updated model policies and procedures; compliance manuals; and fraud, waste & abuse training, which is all provided to our members at no additional cost.
- **Mentoring Program**—Rehab Net assigns a mentor to new practices to help with questions regarding their practice plans. For pediatric clinics, we are offering to set up billing mentors to help pediatric practices with questions pertaining to how to bill commercial plans.

### Rehab Net Refund Policy

Full refunds will be provided if you cancel at least 10 business days before the course for any reason. Full refunds can be obtained up to 5 business days before a course if an emergency has occurred. After these

## Addiction and Chronic Musculoskeletal Pain: Strategies for the Tough Cases

(6.0 Contact Hours)

Mark Bishop, PT, PhD

### Course description

20 million Americans suffer from substance use disorder and many find themselves in a physical therapy clinic seeking care. Addiction to narcotics, prescription pain medication and alcohol are complex conditions often co-occurring with mental health disorders and chronic musculoskeletal pain. The physical rehabilitation process for an individual experiencing substance use disorder requires a unique approach within the biopsychosocial model of care. The purpose of this course is to describe current strategies to help patients recovering from chronic musculoskeletal pain and substance abuse disorder.

An overview of the evidence pertaining to the neurophysiology of addiction and relation to pain conditions will be provided. The evidence for exercise prescription, graded exposure, pain neuroscience education, and psychologically informed practice for the individual recovering from substance abuse disorder will be presented alongside practical examples of physical therapists currently practicing in the addiction recovery setting.

### Objectives

- Describe the neurophysiological connections among pain, addiction and substance abuse.
- Discuss the similarities between non-medical management of substance abuse disorder and pain.
- Examine the clinical benefits of exercise, graded exposure and pain neuroscience education for individuals recovering from substance abuse disorder.
- Recall specific physical therapist led programs for co-occurring musculoskeletal conditions within an addiction recovery setting.

## Mark Bishop, PT, PhD



Dr. Mark Bishop is a physical therapist with 30 years of experience managing musculoskeletal disorders in Australia, Canada and the United States. Currently, he is faculty at the University of Florida in the Department of

Physical Therapy and in the Center for Pain Research and Behavioral Health. He is an award-winning educator who teaches in professional, residency, fellowship and graduate programs in addition to working in research. This research is funded by the National Institutes of Health and focuses on the mechanisms of efficacy for conservative interventions for pain, particularly manual therapy. His work has been recognized with multiple research and publication awards and he regularly presents at national and international meetings. He is a Catherine Worthingham Fellow of the APTA and was recently also recognized by the APTA for advocacy work related to promotion of physical therapists as non-pharmacological alternatives to opioid therapy for pain.

*“We were just looking at what happened when I push on a joint or move a muscle. We were focused very peripherally and the psychologists were the ones who said, “Did you ever ask the person what they were thinking?” We started asking people what they’re thinking and that’s led to the way we think about this now.” (This quote was taken from an interview with Dr. Bishop)*