

PTA PROGRAM 8th ANNUAL CLINICIAN APPRECIATION DAY
SPEAKER BIOS, SESSION DESCRIPTIONS & OBJECTIVES

Current Pain Concepts for the Physical Therapy Professional

Dr. William Egan, PT, DPT, OCS, FAAOMPT

Dr. Bill Egan is a physical therapist with over 20 years of clinical experience. He graduated from the US-Army Baylor Program in Physical Therapy in 1999. He practiced as a physical therapist in the US Army for 6 years. Bill is a board-certified Orthopedic Clinical Specialist (OCS) and a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). He has served as a core faculty member in the department of physical therapy at Temple University for the past 15 years. He is an Associate Professor with the primary role of instruction within the doctor of physical therapy (DPT) program. Within the DPT program, Dr. Egan provides program administration in addition to instruction in the musculoskeletal management course sequence, the advanced musculoskeletal elective, diagnostic imaging, evidence-based practice, and clinical pain sciences. In 2010, he was recognized for teaching excellence with the Outstanding Teacher Award for the College of Health Professions and School of Social Work. Bill is the director of the Temple Orthopedic Physical Therapy Residency program in which he provides administration, content development, instruction, and clinical mentorship. He has delivered conference presentations, written book chapters, written research articles, and presented continuing education workshops on musculoskeletal physical therapy. Bill serves as a manuscript reviewer for several musculoskeletal physical related journals. He provides post-professional continuing education to physical therapists on the topics of orthopedic manual physical therapy and the management of patients with musculoskeletal disorders.

Course Description:

Approximately 20% of the population lives with persistent pain. Pain related musculoskeletal disorders such as low back pain, neck pain, and knee osteoarthritis are the leading cause of disability worldwide. People with pain are often managed in the medical system from a purely biomedical perspective with treatments and resources directed towards the purported structural or pathological causes of pain. While structure and pathology should not be overlooked, the causes of pain are complex and multifactorial. During this interactive workshop, participants will gain an understanding of current concepts that underpin assessment and management principles for people with pain. Principle concepts that will be presented include pain mechanisms, communication and education strategies, multi-factorial biopsychosocial assessment, and targeted management priorities. Participants will come away with new perspectives that will facilitate a person-centered approach to rehabilitation of people with pain disorders.

Objectives:

The participant will be able to:

- Identify pain mechanisms in a person presenting to physical therapy including nociceptive, neuropathic, and nociplastic pain.
- Understand the multifactorial nature of pain and identify the potential factors that influence pain and disability in a person presenting to physical therapy including cognitive, psychological, social, lifestyle, genetic, and movement related factors.
- Communicate with a person seeking physical therapy to help them make sense of their pain.
- Collaborate with a person seeking physical therapy for a pain disorder to set individual rehabilitation goals.
- Apply best practice principles to address the modifiable factors influencing an individual's pain disorder as part of a comprehensive rehabilitation program.
- Advocate for the early use of physical therapy for people seeking care for pain related disorders.