



# Pain Management

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Profession/Job Title\* \_\_\_\_\_

Organization \_\_\_\_\_

Billing Address\* \_\_\_\_\_

Address2 \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Phone\* EMAIL OR PHONE # REQUIRED! \_\_\_\_\_ Ext. \_\_\_\_\_

CE Renewal Date (MM) / (YY) License Cycle Length (YY)

### Payment Required For Registration

Check, credit card or company purchase order MUST accompany this registration form.

Price \_\_\_\_\_ X Quantity \_\_\_\_\_ = Total \_\_\_\_\_

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✂ PLEASE RETURN ENTIRE PANEL

### Check the Course You Will Attend:

Alpharetta, GA - June 07, 2019

Decatur, GA - June 08, 2019

### Check Your Pricing Plan

<b>"All Access" Subscription</b> <small>Unlimited Live Attendance and Unlimited Online Access for <b>ONLY \$299.99/Year</b></small>		
<input type="checkbox"/> <b>SINGLE COURSE EARLY RATE</b> <b>\$229<sup>99</sup></b> /Person	<input type="checkbox"/> <b>SINGLE COURSE REGULAR RATE</b> <b>\$249<sup>99</sup></b> /Person	<input type="checkbox"/> <b>"ALL ACCESS" SUBSCRIPTION</b> <b>\$299<sup>99</sup></b> /Year
<small>IMPORTANT: To qualify for early rate, payment must be received 14 days prior to workshop.</small>		
<b>Groups 5+</b> Special Rates Call (615) 376-8829		

### Easy Registration!

1. Online: [www.summit-education.com](http://www.summit-education.com)
2. Phone: [\(800\) 433-9570](tel:8004339570)
3. Fax: (615) 376-8233
4. Mail: Summit Professional Education  
PO Box 908 | Franklin, TN 37065

Unregistered Walk-ins: Walk-ins will be charged \$259<sup>99</sup>/person, which includes a \$10 late processing fee.

Summit Professional Education  
PO Box 908  
Franklin, TN 37065

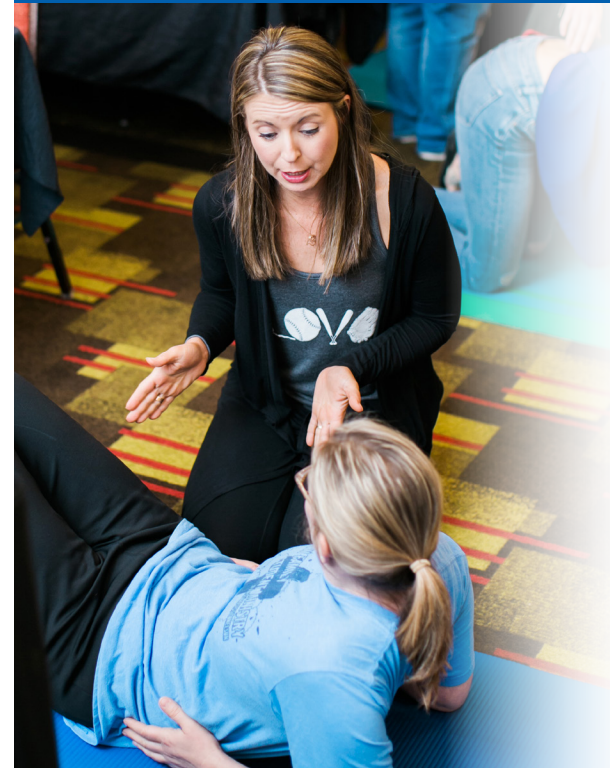
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## The Continuing Education You Want - Live and Online



### Effective Therapeutic Exercise and Self-Care Strategies for

# Pain Management

*Using an Integrative, Mind-Body Approach to Maximize Patient Function and Overall Quality of Life*

Presented by **Z. Altug, PT, DPT, OCS, MS, CSCS**

### About Z. Altug, PT, DPT, OCS, MS, CSCS

Z. Altug, PT, DPT, OCS, MS, CSCS is Board Certified Orthopedic Clinical Specialist and Doctor of Physical Therapy. He is an integrative wellness specialist with more than 28 years of experience. He currently works at a private physical therapy clinic in Los Angeles. Dr. Z has taken workshops and classes in yoga, Tai Chi, Qigong, the Pilates method, the Feldenkrais Method, and the Alexander Technique. Dr. Z taught classes at a university setting in therapeutic exercise and manual therapy as an assistant professor. He also has extensive experience in fitness programming, sports performance, lifestyle medicine and wellness.

Dr. Z has authored the book *Integrative Healing: Developing Wellness in the Mind and Body* (2018), and coauthored the books *Yoga Forma: A Visual Resource Guide for the Spine and Lower Back* (2018), *The Anti-Aging Fitness Prescription* (2006), and the *Manual of Clinical Exercise Testing, Prescription and Rehabilitation* (1992). Dr. Z earned a Doctorate in Physical Therapy from the College of St. Scholastica in Duluth, Minnesota, a MS in Sport and Exercise Studies and a BS in Physical Education from West Virginia University, and his BS in Physical Therapy from the University of Pittsburgh. Dr. Z is a long-standing member of the American Physical Therapy Association and National Strength and Conditioning Association and a recent member of the American College of Lifestyle Medicine. Dr. Z is licensed in California and is a Certified Strength and Conditioning Specialist (CSCS) and certified by USA Track & Field as a level 1 coach and by USA Weightlifting as a level 1 sport performance coach.

### Who Should Attend This Course

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers

### Dates/Locations

**Alpharetta, GA**  
June 07, 2019

**Decatur, GA**  
June 08, 2019

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## 6-Hour Live Interactive CE Course

### Effective Therapeutic Exercise and Self-Care Strategies for

# Pain Management

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June 08, 2019

### Benefits to Attending

- Evidence-based **therapeutic intervention strategies and self-care management plans** to improve overall quality of life outside of therapy sessions
- Interpreting the science and root causes of pain associated with the **cardiovascular, musculoskeletal and neuromuscular system**
- Incorporate **pain management strategies that are an alternative to the pill epidemic**
- **Hands-on labs using integrative approaches to treat pain** such as yoga, qigong, mindfulness, meditation, self-hypnosis, music and visualization, acupressure and massage
- **Practical standardized assessments, outcome measurement and documentation** strategies for pain



Special Rates for Groups of 5+  
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# Effective Therapeutic Exercise and Self-Care Strategies for Pain Management

## Using an Integrative, Mind-Body Approach to Maximize Patient Function and Overall Quality of Life

### Dates/Locations

#### Alpharetta, GA

June 07, 2019

Hilton Garden Inn Atlanta North/Alpharetta  
4025 Windward Plaza  
Alpharetta, GA 30005  
(770) 360-7766

#### Decatur, GA

June 08, 2019

Emory Decatur Hospital  
2701 North Decatur Road  
Decatur, GA 30033  
(404) 501-1000



**Group Learning**

- Special Rates for Groups of 5+
- Call (615) 376-8890 for More Details!

Clinicians involved with rehabilitation need to provide patients/clients with practical self-guided lifestyle oriented pain management strategies and look beyond the clinic interventions. This course is needed because the National Institutes of Health division National Center for Complementary and Integrative Health (<https://nccih.nih.gov>) 2017 budget is noted to be \$130.5 million in order to “determine what is promising, what helps and why, what doesn’t work, and what is safe.” Smithsonian.com indicates that alternative medicine is a 34 billion dollar industry. A perspective in the New England Journal of Medicine states that “in 2016 more than 11 million Americans misused prescription opioids, and opioid-related deaths have more than quadrupled since 1999 (Blendon et al. 2018).” Clinicians need to be knowledgeable about integrative health for either direct use in the clinic or for establishing a good rapport and therapeutic alliance with the patient/client through techniques such as motivational interviewing.

This interactive workshop will provide clinician’s practical intervention strategies that may be used as an adjunct to standard practice or establish safe and effective home programs for chronic pain. Participants will learn about meditation, mindfulness, aromatherapy, self-hypnosis, self-massage, yoga, Pilates, tai chi, qigong, Feldenkrais Method, and the Alexander Technique through hand-on experiences, interactive presentation and case studies.

### Learning Objectives

1. Explain the biopsychosocial model of pain.
2. Define the role of central sensitization versus peripheral sensitization for pain.
3. Interpret the opioid-abuse epidemic and examine alternate strategies
4. Recognize that certain lifestyle factors may be the source of pain.
5. Examine tools and assessment strategies for pain.
6. Utilize evidence-based practices in integrative and complementary health for intervention strategies.
7. Apply evidence-based strategies to encourage patients to makes lifestyle changes using mind body medicine strategies for pain and disease management and prevention.

### Join Our Faculty

Summit Professional Education is currently seeking qualified professionals to develop and teach workshops nationally. Visit [summit-education.com/instructor](http://summit-education.com/instructor) for more information.

### Course Outline

#### I. The Science, Causes, and Principles of Pain

- » Definitions/classifications
- » Pain physiology
- » Biopsychosocial model of pain
- » The current state of the opioid-abuse epidemic
- » Outcome measures for pain/psychological distress
- » Therapeutic alliance with patients
- » Motivational interviewing
- » Guided imagery and progressive muscle relaxation for pain management

Hands-On Lab

#### II. Standardized Assessment and Screening Strategies

- » Standardized assessments
- » Assessment components
- » Exercise and tests
- » Central vs peripheral sensitization

#### III. Mind Body Medicine and Implications on Pain Treatment

- » Research review
- » Lifestyle and pain – Sleep, stress, nutrition, exercise, music, art
- » Types of meditation
- » Types of breathing techniques
- » Self-hypnosis for pain management

Hands-On Lab

#### IV. Integrative Movement to Manage and Treat Chronic Pain

- » Mindful walking
- » Labyrinth walking
- » Qigong
- » Tai Chi
- » Yoga
- » Pilates
- » Feldenkrais Method
- » Alexander Techniques
- » Movement based Qigong practice for pain management

Hands-On Lab

#### V. Therapeutic Interventions and Self-Management Strategies for Pain

- » Energy conservation guidelines
- » Joint protection guidelines
- » Body mechanics training and unloading techniques
- » Aromatherapy
- » Healing sounds
- » Healing art
- » Self-massage strategies for pain management
- » Facial massage for relaxation and pain management

Hands-On Lab

Please dress comfortably. Please bring a yoga mat or towel for hands-on practice.

### Course Schedule

- 7:30am - Registration & Coffee
- 8:00am - Workshop Begins
- 11:30am - 12:30pm - Lunch On Your Own
- 3:30pm - Workshop Adjourns

Some facilities may charge for parking, which is at your own expense.

Your instructor will break for 15 minutes in the morning and afternoon at appropriate times.

### Continuing Education Credit



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under both Domain of OT and Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. **GA:** This workshop meets the requirements for Georgia State Board of Occupational Therapy amended rule 671-3-.08(5) and (10) Renewal of License, Penalties, Continuing Education Requirements. This workshop is offered for 6.0 hours.

**Physical Therapists – GA:** As per regulation 490-4-.02(1)(b) of the Georgia Board of Physical Therapy on continuing competence requirements programs approved by the Physical Therapy Association of Georgia or any other state chapter will be accepted by the state licensing board. Summit Professional Education is approved by the Kentucky Physical Therapy Association as a continuing education provider, #CS45-2008-KPTA. This course is offered for 6.0 contact hours.

**Athletic Trainers** - Summit Professional Education (BOC AP# P3785) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Rehabilitation, Sports Medicine and Other Professionals** - This seminar qualifies for 6.0 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

These events contain intermediate level content.

#### SATISFACTORY COMPLETION

Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

#### WORKSHOP HANDBOOK

Included with your registration you will receive a comprehensive manual compiled by the instructor.

#### DISCLOSURES

**FINANCIAL:** Z. Altug is compensated by Summit as an instructor. Z. Altug receives royalties and intellectual property rights as an author for Cedar Fort Publishing.  
**NONFINANCIAL:** Z. Altug has no nonfinancial relationships to disclose.  
**IN-KIND SUPPORT:** Meeting space for 6/8 workshop provided by Emory Decatur Hospital.

#### SCOPE OF PRACTICE

Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have continuing education credit questions? Please email our CE Department at [customerservice@summit-education.com](mailto:customerservice@summit-education.com) for the latest approval status.



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#### REGISTRATION, CONFIRMATION & CERTIFICATES

Confirmations of registration will be sent via email. A copy of your registration confirmation

will serve as your receipt for fees paid at the time of registration. Walk-ins are welcome but must register onsite. Please notify us at least thirty (30) days in advance if you have special needs or require assistance. Certificates are mailed to the seminar location 5 business days in advance. If your certificate is not available the day of the seminar, please complete a certificate request onsite and a copy will be sent to you. Hotel locations must occasionally be adjusted. Please provide an email address and phone number to receive any important updates.

#### SUBSTITUTION & CANCELLATION POLICY

Substitutions may be made at any time. Requests for cancellation must be received in writing by fax or mail ten (10) days prior to the seminar in order to receive a refund less a \$20.00

administrative charge per canceled attendee. If the cancellation is made within ten days or less, refunds will not be granted for any reason; instead, credit will be given equal to the amount paid that may be used toward the purchase of any product offered by Summit. Account credits are transferable and any unused account balance expires one year from the date of issuance. In cases of inclement weather where the seminar is conducted as scheduled but you are unable to attend, you may request a credit (which expires after one year) that may be used for any product Summit has to offer. If we must cancel or change the seminar for any reason, our liability is limited to the cost of tuition. If you register and do not attend, you are still responsible for payment.

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