



Pain Management

Receipts Sent Via Email - Please Print Clearly!

ATTENTION: Copy as needed for each attendee or print additional forms at www.summit-education.com

Name* _____

Email* EMAIL OR PHONE # REQUIRED! _____

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 _____

Please Mark Form of Payment Below

Check enclosed, payable to Summit Professional Education

PO#: _____ (form required)

VISA MC Amex Discover

Cardholder's Name: _____

Card #: _____

Exp. Date: _____ 3 Digit CSC/CVC: _____

PLEASE RETURN ENTIRE PANEL

Check the Course You Will Attend:

Burbank, CA - March 07, 2019

Santa Barbara, CA - March 09, 2019

Thousand Oaks, CA - March 08, 2019

Check Your Pricing Plan

"All Access" Subscription <small>Unlimited Live Attendance and Unlimited Online Access for ONLY \$299.99/Year</small>		
<input type="checkbox"/> SINGLE COURSE EARLY RATE \$229⁹⁹ /Person	<input type="checkbox"/> SINGLE COURSE REGULAR RATE \$249⁹⁹ /Person	<input type="checkbox"/> "ALL ACCESS" SUBSCRIPTION \$299⁹⁹ /Year
<small>IMPORTANT: To qualify for early rate, payment must be received 14 days prior to workshop.</small>		
Groups 5+ Special Rates Call (615) 376-8829		

Easy Registration!

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

Unregistered Walk-ins: Walk-ins will be charged \$259⁹⁹/person, which includes a \$10 late processing fee.

Summit Professional Education
PO Box 908
Franklin, TN 37065

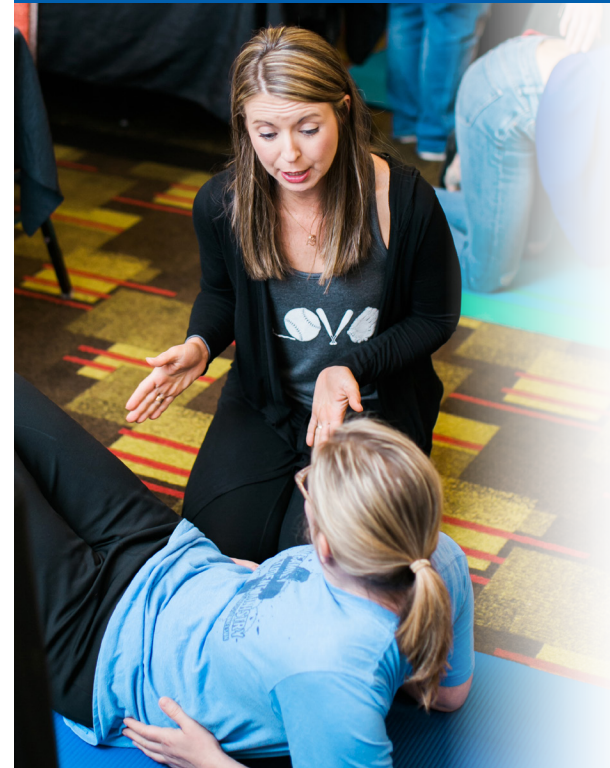
PRSR STD
U.S. POSTAGE
PAID
NASHVILLE, TN
PERMIT NO. 989

PRIORITY CODE: _____

PAINZA.0319.1



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

Burbank, CA
March 07, 2019

Thousand Oaks, CA
March 08, 2019

Santa Barbara, CA
March 09, 2019

"All Access" Subscription

- The only subscription plan that offers unlimited [Live/In-Person](#) and Online CE Courses!
- **ONLY \$299.99** per year! Call (800) 433-9570 for more details!



6-Hour Live Interactive CE Course

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**

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

Dates/Locations

Burbank, CA
March 07, 2019

Thousand Oaks, CA
March 08, 2019

Santa Barbara, CA
March 09, 2019

Group Learning

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



Unlock Your Invitation to **UNLIMITED Live/In-Person and Online CE Courses!**
summit-education.com
(800) 433-9570

LOOK INSIDE!
See All Live/In-Person Courses in Your Area!



Summit Group Learning - SAVE NOW!

- Special Rates for Groups 5+
- Subscriptions, Single CE Courses, or Private Events
- Customize Your Plan for Content and Budget

Call Us for More Details
(615) 376-8890
M-F 8am-5pm CST



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

Burbank, CA
March 07, 2019
Courtyard Burbank Airport
2100 W Empire Ave
Burbank, CA 91504
(818) 843-5500

Thousand Oaks, CA
March 08, 2019
Palm Garden Hotel
495 N Ventu Park Rd
Thousand Oaks, CA 91320
(805) 716-4200

Santa Barbara, CA
March 09, 2019
Hyatt Centric Santa Barbara
1111 East Cabrillo Blvd
Santa Barbara, CA 93103
(805) 882-1234

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 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

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

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

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.

Physical Therapists – CA: Summit Professional Education is approved as a continuing education provider by Sports Medicine Alliance (formerly NIRE, Inc.), a CA Continuing Competency Approval Agency, provider #S-100. This workshop is approved for 6.0 Contact Hours (0.6 CEUs).

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.

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 for the latest approval status.

“All Access” Subscription Plan

- The only subscription plan that offers unlimited **Live/In-Person** and Online CE Courses!
- Includes this course
- **ONLY \$299.99** per year! Call (800) 433-9570 for more details!

ONLY \$299.99 for an entire year!

THE SUMMIT GUARANTEE
Summit Professional Education is a national leader in high-quality educational products and services for today’s professional. Our seminars and training programs are designed to help professionals achieve improved performance and results in all areas. Our faculty is the “best of the best” in their fields of expertise, providing programs that really make a difference to participants. If for any reason you are not satisfied with the program, simply notify the registrar of your intent to withdraw from the program prior to the first morning break, turn in your workshop materials and receive a 100% refund or credit on a future program.

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.

W-9: To download a copy, logon to www.summit-education.com/w-9
FEID Number: 47-1189590

800-433-9570 - summit-education.com