WHAT YOU SEE IS WHAT YOU GET

JUNE 24-26  |  MINNEAPOLIS, MN

In Partnership With eim
CHRONIC LOW BACK PAIN: WHAT YOU SEE IS WHAT YOU GET

Chronic Low Back Pain is one of the most prevalent diagnoses of our time. It continues to add to the global burden of healthcare costs. This burden has led to many different practitioners treating it with various perspectives, approaches and philosophies. Who is right? Who is wrong? As the late Patrick Wall once stated, “If we are so good [at treating pain], then why are our patients so bad?” Join us for a multidisciplinary vantage point of healing Low Back Pain and decide for yourself if what you see is truly what you get.

INCLUDED WITH YOUR REGISTRATION:

- Morning coffee each day
- Snacks and beverages during breaks
- Vendor Fair
- Door prizes and swag bags
- Lunch served on Friday and Saturday
- Saturday afternoon reception
- Conference T-Shirt
- Morning fitness class
- Detailed handouts of each keynote presentation and breakout session, even those you could not attend

AIRPORT:

Minneapolis St. Paul International Airport (MSP)
www.mspairport.com

LODGING:

A block of rooms has been reserved for a special rate at the conference venue. Please use Group Code ‘ISPI’ when booking online or by phone.

Hilton Minneapolis/Bloomington
3900 American Blvd. West
Bloomington, MN
952-893-9500

Complimentary shuttle transportation to/from the airport and local attractions is available based on reservations and availability. Please call the hotel directly for arrangements.

ISPI WOULD LIKE TO THANK OUR TITLE SPONSOR:

OPTP
**THURSDAY June 23**

5:30 PM - 7:00 PM  Registration Desk Open

**FRIDAY June 24 - Pre Conference Courses**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration Desk Opens</td>
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<tr>
<td>8:00 AM</td>
<td>CSMT Testing (Please contact the office to schedule your time)*</td>
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<tr>
<td>8:00 AM</td>
<td>Lab Sessions - Attend One (30 minute break at 10:30)</td>
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<tr>
<td></td>
<td>Option 1: Graded Motor Imagery. Steve Schmidt, Kory Zimney</td>
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<td>Option 2: Assessing and Treating Fear of Movement. Steve Linton</td>
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<td>Option 3: Spinal Manipulation. Tim Flynn, John Childs, Louie Puentedura</td>
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<tr>
<td></td>
<td>Option 4: Physiotherapy, Psychosocial Assessment, Reasoning and Management. Mark Jones</td>
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<tr>
<td>12:30 PM</td>
<td>Lunch (Provided, please contact us with any dietary restrictions)</td>
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<tr>
<td>1:30 PM</td>
<td>Lab Sessions Continued</td>
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<tr>
<td>5:00 PM</td>
<td>Roundtable Discussion for CSMT and TPS*</td>
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<tr>
<td>6:30 PM</td>
<td>CSMT &amp; TPS Private Reception*</td>
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**SATURDAY June 25 - Keynote Speakers**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00 AM</td>
<td>Registration Desk opens</td>
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<tr>
<td>8:00 AM</td>
<td>Keynote: Clinical Reasoning in Chronic Low Back Pain. Mark Jones</td>
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<td></td>
<td>Manual Therapist. Tim Flynn</td>
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<td></td>
<td>Pain Medicine Doctor. Franz Macedo</td>
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<td>Doctor of Chiropractic. Tim Irving</td>
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<tr>
<td>10:00 AM</td>
<td>Break: Vendors and Exhibits</td>
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<tr>
<td>10:30 AM</td>
<td>Keynote: Chronic Pain: Why It Develops and How to Treat It. Steve Linton</td>
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<td>Neurodynamics Therapist. Steve Schmidt</td>
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<td>Rheumatologist. Hollis Krug</td>
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<td>Mindfulness Practitioner. Mark Pirtle</td>
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<tr>
<td>12:30 PM</td>
<td>Lunch (Provided, please contact us with any dietary restrictions)</td>
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<tr>
<td>1:30 PM</td>
<td>Keynote: Central Sensitization: Thinking Beyond Anatomy and Biomechanics Jo Nijs</td>
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<tr>
<td></td>
<td>Stabilization Therapist. Louie Puentedura</td>
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<td>Industrial Rehabilitation Therapist. John Groves</td>
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<td>Dietitian. Rasa Troup</td>
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<tr>
<td>3:30 PM</td>
<td>Break: Conference Reception</td>
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<tr>
<td>4:15 PM</td>
<td>Keynote: Coping With Persistent Back Pain: Current State of the Science. Frank Keefe</td>
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<td>Business Management. John Childs</td>
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<td>Spine Surgeon. Ensor Transfeldt</td>
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<tr>
<td>5:45 PM</td>
<td>Q&amp;A Discussion Panel with Keynote Speakers</td>
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<tr>
<td>6:30 PM</td>
<td>Vendors and Exhibits (dinner on your own)</td>
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**SUNDAY June 26 - Post Conference Courses**

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration Desk opens</td>
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<tr>
<td>8 AM</td>
<td>Lab Sessions - Attend One (30 minute break at 10:00)</td>
</tr>
<tr>
<td>8 AM</td>
<td>Option 1: Altering Pain Memories Using Exercise Therapy. Jo Nijs</td>
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<tr>
<td></td>
<td>Option 2: Cognitive Behavioral Therapy for Physical Therapists. Frank Keefe</td>
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<td>Option 3: Mindfulness &amp; Massage. Mark Pirtle, Megin Sabo John</td>
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<td></td>
<td>Option 4: Evolving Motion: Pilates and Chronic Low Back Pain. Janette Ahrndt, Mikki Townshend</td>
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<tr>
<td>12:30 PM</td>
<td>Conference Adjourns</td>
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*Finish your certification to become a CSMT or TPS before the conference begins and have access to these exclusive events.*
SATURDAY KEYNOTE LECTURES

Each one hour keynote will be followed by two or three speakers from various disciplines. The day will culminate with an audience discussion panel featuring all four keynote speakers.

CLINICAL REASONING IN CHRONIC LBP: INTEGRATING PHYSICAL AND PSYCHOSOCIAL ASSESSMENT AND MANAGEMENT
Mark Jones BSc (Psych), PT, Grad Dip Advan Manip Ther, MAppSc

This presentation will highlight the diagnostic and psychosocial reasoning essential to physiotherapy assessment and management for patients with chronic low back pain. Practical suggestions for physiotherapy psychosocial assessment and cognition targeted management will be discussed throughout the talk.

CHRONIC PAIN: WHY IT DEVELOPS AND HOW TO TREAT IT USING PSYCHOLOGICALLY INFORMED METHODS
Steven J. Linton PhD

This presentation will focus on psychological factors that propel the development of chronic pain and might be utilized better in treatment. Patients suffering persistent pain are often a real challenge to treat in clinical practice. For example, fear of movement may become so excessive that usual methods in physical therapy render meager improvements. Depression may also hamper treatment. The presenter will explain how these factors influence the patient and their way of coping with the pain to then provide suggestions for psychologically informed treatment. Research in the clinic as well as other outcome studies will be used to illustrate the main points.

CENTRAL SENSITIZATION: THINKING BEYOND ANATOMY AND BIOMECHANICS
Jo Nijs PT, PhD

This presentation will focus on patients with persistent low back pain who have predominant central sensitization pain rather than nociceptive or neuropathic pain. Central sensitization encompasses various related dysfunctions of the central nervous system, all contributing to an increased responsiveness to a variety of stimuli like mechanical pressure, chemical substances, light, sound, cold, heat, stress and electrical stimuli. Such dysfunctions of the central nervous system include altered sensory processing in the brain, malfunctioning of descending anti-nociceptive mechanisms, increased activity of pain facilitatory pathways, and enhanced temporal summation of second pain or wind-up. In addition, the pain (neuro)matrix is overactive in patients with predominant central sensitization pain.

An overview of the evidence regarding central sensitization in patients with low back pain will be presented, together with guidelines on how to recognize predominant central sensitization pain in low back pain patients. The implications for clinical reasoning and the treatment of persistent low back pain will be addressed.

Such treatments include pharmacological options, electrotherapy targeting the brain (i.e. transcranial magnetic stimulation), manual therapy, virtual reality, stress management / neurofeedback training, transcutaneous electrical nerve stimulation, pain neuroscience education, exercise therapy, and cognitive behavioral therapy. Most of these treatment options, when used for treating central sensitization in patients with low back pain, have their effects through central nervous system modulation, that is, by targeting the brain (top-down approach) rather than peripheral nociceptive input (bottom-up). Included in the presentation are a variety of treatment strategies which specifically target pathophysiological mechanisms known to be involved in central sensitization pain. Theoretically, the mechanisms hold the capacity to desensitize the central nervous system.

COPERING WITH PERSISTENT BACK PAIN: CURRENT STATE OF THE SCIENCE
Francis J. Keefe PhD

This presentation will provide an overview of recent studies examining behavioral and psychosocial treatments for patients suffering from persistent back pain. The presentation is divided into three sections. In the first section, the conceptual background and basic components of behavioral treatment programs are described and analyzed. Section two of this presentation critically reviews outcome studies examining the efficacy of behavioral and psychosocial treatments for persistent back pain. Treatments reviewed will include cognitive-behavioral therapy, acceptance and commitment therapy, and mindfulness meditation. Section three of this presentation highlights important future directions for work in this area including the mechanisms underpinning treatment effects, novel methods for delivering treatment (tablet-based apps, voice over internet protocols, and virtual reality interventions), and the benefits of having non-psychologists deliver behavioral interventions, primary-care based behavioral treatments, and ways of involving significant others in treatment.
GRADED MOTOR IMAGERY
Steve Schmidt PT, M.Phys, OCS, FAAOMPT
Kory Zimney PT, DPT, CSMT

This course will introduce attendees to the latest thoughts associated with neuroplasticity, immune responses and most importantly...clinical presentation. The brain (and nervous system) is plastic. Recent developments in the world of neuroscience have given hope to people suffering from persistent pain, including low back pain. It is now well established that a person’s body is represented in their brain and in persistent pain there are significant structural and functional changes in the brain. These changes perpetuate pain considerably, including low back pain. Although most research has focused on conditions such as complex regional pain syndrome and phantom limb pain, emerging evidence supports the notion of altered brain maps in people with persistent pain.

This lab-intensive class will systematically teach attendees various clinical tests used to determine if these cortical changes have occurred in a patient with low back pain, and to what extent. Treatment will cover the latest series of graded motor imagery techniques including laterality, sensory discrimination, motor imagery, graphesthesia, mirror therapy, etc. This session is must for all healthcare provider who face a patient with such a sensitive lower back, he/she are not able to move much, be touched or even thinking about movement is painful. Learn to desensitize chronic low back pain.

Intermediate
Open to: All Providers

ASSESSING AND TREATING FEAR OF MOVEMENT
Steven J. Linton PhD

This course will focus on the fear-avoidance model. In recent years, healthcare providers have become increasingly aware of fear-avoidance, especially in regards to physical activity and work. The fear-avoidance model has been around for more than 15 years and in this session one of the initial authors of the fear-avoidance model will discuss the intricacies of pain-related fear and how this affects patients suffering pain. Fear-avoidance has been shown to be important in helping people recover, and relates to the famous quote: “The fear of pain may be worse than pain itself”. A more comprehensive biopsychosocial approach, of helping people in pain, demands the understanding of and clinical use of fear-avoidance.

Using case examples, demonstrations, role-play, and discussion, students will learn basic techniques in the assessment and treatment of fear of movement. The session will culminate with the latest nuances in using these methods. This session is a must for healthcare providers interested in advancing their patients to a higher level of function and towards independence.

Introductory
Open to: All Providers

SPINAL MANIPULATION
Timothy Flynn PT, PhD  John Childs PT, PhD
Louie Puentedura PT, PhD, DPT, CSMT

This course will explore the treatment of chronic low back pain from a spinal manual therapy approach. Pain science has shifted clinicians towards the brain, sensitive nervous system and neurotransmitters, but there is a place for skilled manipulative therapy in treating chronic low back pain. Pain science is not hands-off, but rather hands-on. A new systematic review of pain education has shown if pain education is combined with physical treatments, including spinal mobilization and manipulation, it decreases pain more than education alone.

This pre-conference course is considered advanced and will feature an extensive lab component including various lumbo-pelvic manipulations for the lumbar spine; pelvis and hip, for patients suffer from chronic low back pain. Lab sessions will be mixed with various short lectures regarding spinal manipulation for chronic low back pain including clinical reasoning, evidence, safety, etc. Apart from the lectures, case studies will be used to further explore the application of spinal manipulative therapy for chronic back pain from world-renowned speakers.

Advanced
Open to: PT, MD, DO
This course uses a videotaped case study which will facilitate participants’ understanding and application of physiotherapy psychosocial assessment and reasoning through the patient examination (interview and physical). While most physiotherapists acknowledge the importance of a “Biopsychosocial” approach to practice, historically physiotherapy education has not explicitly included physiotherapy psychosocial assessment, reasoning and management. Narrative (i.e. psychosocially oriented) inquiry and reasoning to understand the patient’s pain/disability experiences is highlighted and distinguished from the more familiar diagnostic reasoning. Participants are actively involved in identifying relevant cues, interpreting information and linking that to clinical judgments and management decisions in the context of contemporary neuroscience understandings. The interactive learning activity includes demonstration and discussion of examples that illustrate:

- Categories of information regarding patient perspectives to acquire in the patient interview
- Subjective examination of patient perspectives integrated within a typical first appointment assessment
- Examples of questionnaires to screen patients’ psychological distress
- How to use the findings of a patient perception questionnaire to further clarify pain and disability experience in order to specifically link these findings to management strategies and goals
- Making judgments regarding the potential relevance and contribution of patient perspectives to the patient’s disability/clinical presentation
- Assessment of patient perspectives that can continue in the physical examination
- Contextualized education to understand pain
- Pain education through movement
- Strategies important to maximizing patient understanding and learning

**Introductory**
Open to: **All Providers**
COGNITIVE BEHAVIORAL THERAPY FOR PHYSICAL THERAPISTS: AN EXPERIENTIAL WORKSHOP
Francis J. Keefe PhD

This workshop will provide a practical guide to Cognitive Behavioral Therapy (CBT) through experiential learning. There is growing interest among physical therapists in psychologically informed practice, in particular in using CBT methods for helping their patients manage persistent pain. This workshop draws on the speaker’s extensive experience in training physical therapists in behavioral treatments both in the USA and abroad (United Kingdom, Australia).

The workshop will be divided into three parts. The first section will focus on helping patients understand the rationale for CBT through engaging them with an education rationale. Rationales commonly used in treatment protocols will be taught through role playing and common issues that arise in delivering these rationales will be discussed. The second section will focus on ways of teaching patients how to develop a menu of pain coping skills. Role playing will be used to teach participants how to help patients develop the following skills: relaxation training, activity pacing, cognitive restructuring, and imagery. The final section of this workshop will focus on methods for enhancing the long-term maintenance of learned coping skills. Ways of helping patients recognize and cope with setbacks and relapses will be taught using experiential learning and discussion.

Intermediate
Open to: All Providers

MINDFULNESS & MASSAGE
Mark Pirtle PT, DPT Megín Sabo John PT, DPT, OCS, LMT

This session will feature two completely different vantage points in treating a patient suffering from chronic low back pain. In the first session, Dr. Mark Pirtle, national and international renowned mindfulness speaker will view chronic low back pain from a mindfulness perspective. Dr. Pirtle will describe the evolution and progression of mindfulness, evidence and applications towards people with low back pain. The lab sessions will give attendees the tools associated with the use of mindfulness in people with persistent pain.

In the second part of the session, Dr. John will view chronic back pain from a massage therapy perspective. Hands-on treatment is critical in the treatment of people with pain and massage therapy has seemingly fallen out of favor with the emphasis on spinal manipulative therapy. Considering massage therapy from a perspective of graded exposure, human touch, altering nociceptive input to the CNS, etc., it is a very important skill that clinicians should consider sharpening. There is an art in skillfully handling people in pain, and massage offers a unique entry point for clinicians. This lab-intensive session will feature various massage treatment approaches for low back pain. Course objectives include identification of key muscles, massage application for soft tissue release, and muscle release techniques utilizing the Tola Point System. Learn how to treat trigger points and soft tissue restrictions independently customizing the Tola Point for each user.

Talk about covering both ends of the spectrum! From cognitive (mindfulness) to skillful handling (massage), join this “two-for-one” session.

Introductory
Open to: All Providers

EVOLVING MOTION: PILATES AND CHRONIC LOW BACK PAIN
Janette Ahrndt PT, MPT & Mikki Townshend PT, DPT, OCS

This workshop will demonstrate some practical movement strategies based on Physical Therapy and Pilates principals including breathing, stability, articulation, balance, coordination, neural gliding, imagery and visualization. “Motion is lotion” and a key concept for a neuroscience approach to our pain patients/clients. How do we provide positive movement experiences for our clients that encourage them to keep climbing the mountain of improved tissue tolerances? What do Pilates and other movement based methods add to the clinical movement vocabulary? Why can these methods work for LBP when clients do not always respond to traditional Physical Therapy?

The goals for the participants are to leave with new ideas for moving their clients, novelty for those “little grey cells” and also have a lot of fun learning how to use some of those toys that are lying around the clinic. Attendees are expected to participate. This will be a movement based class with extensive lab. The format will be lecture: Pain Science approach to exercise, recognizing where your client is on the pain spectrum, alternative movement approaches to access the nervous system with demonstrations and labs with exercise progressions using mats, rollers, rings, balls, and bands.

Introductory
Open to: All Providers
Jo Nijs PT, PhD
Belgium
Jo Nijs holds a PhD in rehabilitation science and physiotherapy and master of sciences degrees in physiotherapy / rehabilitations sciences as well as manual therapy. He is associate professor at the Vrije Universiteit Brussel, physiotherapist/manual therapist at the University Hospital Brussels, and holder of the Chair ‘Exercise immunology and chronic fatigue in health and disease’ funded by the European College for Decongestive Lymphatic Therapy. He runs the Pain in Motion research group and a physiotherapy-based treatment program for patients with chronic pain in the University Hospital Brussels. His research and clinical interests are patients with chronic ‘unexplained’ pain / fatigue and pain-movement interactions, with special emphasis on the central nervous system. The primary aim of his research is improving care (i.e. physiotherapy) for patients with chronic pain. He has (co-)authored more than 150 peer reviewed publications and served more than 100 times as an invited speaker at national and international meetings.

Francis J. Keefe PhD
Duke University
Dr. Keefe is a Professor in the Department of Psychiatry and Behavioral Sciences and a member of the Cancer Prevention, Detection, and Control Program of the Duke Comprehensive Cancer Center. Dr. Keefe is Director of the Duke Pain Prevention and Treatment Research Program, an active clinical research program concerned with the behavioral assessment and treatment of patients having acute and persistent pain. Dr. Keefe played a key role in the development of clinical pain services and pain research programs at Duke Medical Center. For 20 years he directed the Pain Management Program and was a leader in the development of Duke Medical Center’s multidisciplinary pain programs (both out-patient and in-patient.) Dr. Keefe has developed and refined a number of treatment protocols for persistent pain conditions (e.g. cancer, arthritis) including pain coping skills training protocols, protocols to enhance emotional disclosure, spouse- and partner-assisted pain coping skills training interventions and yoga and meditation-based pain management interventions. Dr. Keefe has published over 300 papers, as well as 26 book chapters, and 3 books on topics ranging from pain during mammography to the assessment of disease-related pain in older adults. In recognition of his research achievements, he was named the 2012 recipient of the John D. Loeser Award from the International Association for the Study of Pain. Dr. Keefe is the Editor in Chief of the leading international journal in the pain research area, PAIN.
Current data unequivocally shows an ever-increasing burden of chronic pain. In the United States alone, it is estimated over 100 million people suffer from pain (approximately 1 in 3). Chronic pain is incredibly complex and so are decisions as to its treatment. Modern pain science demands interdisciplinary and biopsychosocial care. It is time for healthcare providers to learn from each other in an attempt to help the individual sufferer. This conference aims to do exactly that – use the common condition of chronic low back pain and combine healthcare providers from different sectors to showcase their perspective on caring for these patients.

Steven J. Linton PhD
The Center for Health and Medical Psychology, Örebro University, Sweden
Professor Linton is a clinical psychologist who has focused much of his research on the role of psychological factors in the development and treatment of pain. Several impressive longitudinal and randomized controlled studies lay at the base of this research as well as theoretical work including the fear and avoidance model and a model for the interaction of emotions and pain. He has spearheaded psychologically oriented treatments for patients with severe chronic pain problems including exposure in-vivo and emotionally focused therapy. He has also paved the way to an early identification system based on psychosocial factors for patients with back pain in primary care. Further, his work has addressed treating the patients identified to prevent the pain problem from becoming chronic. Most recently his work has focused on matching early treatments to subgroups of patients based on each patient’s needs. Consequently, Professor Linton brings clinical and scientific expertise to the conference. As Professor of Clinical Psychology and scientific leader for the Center for Health and Medical Psychology as well as for Psychology his duties include the operation of the clinical psychology training program and a vibrant research agenda. He currently supervises several doctoral and master level students. He enjoys the great outdoors, gardening, and running!

Mark Jones BSc (Psych), PT, Grad Dip Advan Manip Ther, MAppSc
Australia
Mark graduated from the University of Florida with a B.S. in Psychology and then completed his Physical Therapy studies at the University of Iowa. Having developed an interest in manual therapy Mark traveled to Australia to study Manipulative Physiotherapy and after completing his Graduate Diploma in 1985 under Geoff Maitland he completed his Masters by Research in 1989. The title of his thesis was “Facilitating Students’ Clinical Reasoning in Physiotherapy Education”. Mark worked clinically, taught and published with Geoff Maitland and continues to promote integration of contemporary physiotherapy research and theory into the “Maitland Concept”. Mark has a special interest in biopsychosocial health care and the teaching and assessment of clinical reasoning in physiotherapy. His special interests in musculoskeletal physiotherapy include the shoulder complex and spine. Mark is currently Senior Lecturer and Program Director, Master of Advanced Clinical Physiotherapy, School of Health Sciences, University of South Australia. He has conducted and supervised research in the areas of clinical reasoning and musculoskeletal physiotherapy with over 75 publications including the text “Clinical Reasoning in the Health Professions” and the text “Clinical Reasoning for Manual Therapists”. His latest text “Clinical Reasoning in Musculoskeletal Practice” will be released in 2016. Mark lectures and runs continuing education courses in clinical reasoning and musculoskeletal physiotherapy regularly, both nationally and internationally.

Adriaan Louw PT, PhD, Conference Chair
Louie Puentedura PT, DPT, PhD, OCS, GDMT, CSMT, FAOMPT
Louie received his physical therapy degree and completed a Graduate Diploma in Manipulative Therapy in Melbourne, Australia. He is currently an Associate Professor at the University of Nevada Las Vegas entry-level DPT program where he teaches Anatomy, Orthopedic Principles, Orthopedic Rehabilitation and Spine and Diagnostic Imaging. Prior to this, Louie worked in outpatient orthopedic settings with a focus on spinal conditions for over 24 years. He completed his post-professional DPT at Northern Arizona University and earned a Ph.D. in Physical Therapy from Nova Southeastern University in Florida. He is a board certified specialist in orthopedic physical therapy, a Fellow of the American Academy of Orthopedic Manual Physical Therapists and an ISPI Certified Spinal Manual Therapist.

Timothy W. Flynn PT, PhD, OCS, FAAOMPT
Dr. Flynn is a frequent research presenter at state, national, and international meetings. He is widely published including 5 textbooks, 6 book chapters, and over 70 peer-reviewed manuscripts. He is a past President of the American Academy of Orthopaedic Manual Physical Therapists and an Associate Editor for the Journal of Orthopaedic & Sports Physical Therapy (JOSPT). Dr. Flynn is a principal in Evidence in Motion, an educational company dedicated to elevating the physical therapy profession. He also maintains an active clinical practice focusing on chronic pain disorders at Colorado Physical Therapy Specialists. Dr. Flynn is a Professor at South College where he teaches in an innovative DPT Professional Program.

Steve Schmidt PT, M.Phys, OCS, FAAOMPT
Steve graduated from the University of the Pacific with an M.S. in Physical Therapy and completed his Master’s of Physiotherapy at the University of South Australia. He treats a wide variety of patients as well as teaching orthopaedic manual therapy at Samuel Merritt College. He completed the six month post-graduate training in Proprioceptive Neuromuscular Facilitation at the Kaiser Foundation Rehabilitation Center and continues to work in Vallejo, California, treating patients with neurological impairments.

Kory Zimney PT, DPT, CSMT
Kory received his Master’s Degree in Physical Therapy from the University of North Dakota and completed a transitional DPT from Des Moines University. Currently, he works as an assistant professor with the University of South Dakota Physical Therapy Department and maintains a clinical practice with Mercy Business Health Services in Sioux City, Iowa. He is an Advanced Credentialed Clinical Instructor through the APTA, a Certified Spinal Manual Therapist through the International Spine and Pain Institute and has completed Certification in Applied Functional Science through the Gray Institute.

Mark Pirtle PT, DPT
Dr. Pirtle is among those at the forefront of integral thinking in recovery by connecting the dots between science, spirituality, wellness, business, and culture. Mark completed his DPT (with distinction) from Northern Arizona University. He has become deeply interested in Buddhist psychology as it applies to healing stress related illnesses. Mark developed an evidence-based program for people suffering from stress related conditions he calls Skillfully Aware. With it, he started the first ever pain program at Sierra Tucson, a world-renowned in-patient rehab hospital. Subsequently, he joined the faculty for the Arizona Center for Integrative Medicine.

John Childs PT, PhD, MBA, FAPTA
Dr. Childs is a founder and CEO of Evidence in Motion and partner in Confluent Health, which is comprised of EIM, a network of outpatient physical therapy clinics in five states, and Fit for Work. A graduate of the U.S. Air Force Academy, he completed a MBA from the University of Arizona and PhD in Rehabilitation Science from the University of Pittsburgh. Dr. Childs has received numerous research grants and has published over 150 peer-reviewed manuscripts in leading scientific journals. He currently serves as an Associate Editor for both the Physical Therapy and Journal of Orthopaedic and Sports Physical Therapy journals. Dr. Childs is the youngest ever Fellow of the American Physical Therapy Association.

Megín Sabo John PT, DPT, OCS, LMT
Megín Sabo John earned her Doctorate in Physical Therapy from the University of Mary in Bismarck, ND in 2011, and has been a licensed massage therapist since 2005. As a Board-Certified Orthopedic Clinical Specialist and a Board-Certified Massage Therapist, Megin offers unique approaches with an emphasis in manual therapy. She practices massage and physical therapy in Minneapolis, MN with an emphasis in dance medicine and performing arts rehabilitation.
Tim Irving DC, MS, LMT
Tim Irving is a chiropractor and massage therapist with a master’s degree in human nutrition living and working in Portland, Oregon. He is deeply interested in the neurobiology of pain as it relates to the subjects he teaches at National College of Natural Medicine (NCNM) and the variety of patients he sees in his private practice and his clinical teaching shift. Tim truly believes that teaching pain education and the clinical application of modern neuroscience to health care providers is the best way to reach as many people suffering from persistent pain as possible.

Rasa Troup MS, RD, CSSD, LD
Olympian Rasa Troup is a registered and licensed dietitian who specializes in nutrition for health, weight loss, performance, exercise, and eating disorders. She is board certified as a specialist in sports dietsetics. Her passion is helping clients reach and improve their well-being through sustainable lifestyle changes, sound nutrition, mindfulness, and body movement. Rasa has learned firsthand how crucial proper nutrition can be for health and achieving performance goals. She represented Lithuania in the World and European track and field championships, as well as the 2008 Beijing Olympics. She also holds national records in the 3,000-meter steeplechase and the indoor mile in her home country.

Franz Macedo DO
Dr. Macedo is Medical Director of the Comprehensive Pain Center at the Minneapolis VA Health Care System and Program Director of the University of Minnesota Pain Medicine Fellowship. He attended medical school at Kirksville College of Osteopathic Medicine in Kirksville, Missouri. His residency training was in Physical Medicine and Rehabilitation at University of Wisconsin Hospital and Clinics in Madison, Wisconsin. After residency he served as an active duty US Army Physiatrist at Walter Reed National Military Medical Center for four years including a deployment to Iraq obtaining the rank of Major. Following Army service he completed a Pain Medicine Fellowship at UC Davis Medical Center in Sacramento, California. He is board certified in Pain Medicine and PM&R.

Hollis E. Krug MD
Dr. Krug is currently an Associate Professor of Medicine at the University of Minnesota and Chief of Rheumatology at the Minneapolis VA Health Care System where she has worked for over 30 years. She is a graduate of the University of Minnesota Medical School where she also completed an Internal Medicine residency and a Rheumatology fellowship. At the Minneapolis VA she has a clinical rheumatology practice, helps to educate medical students, Internal Medicine Residents and Rheumatologists in training. She also has an interest in the treatment of musculoskeletal pain and conducts research using novel intra-articular treatments such as intra-articular botulinum toxin and vanilloid receptor agonists and antagonists for severe arthritis pain.

John Groves PT, DPT
John is partner within Fit For Work, the nation’s leader in on-site injury prevention and pre-employment testing which provides companies with preventative solutions addressing the incidence and costs associated with musculoskeletal sprains and strains. Dr. Groves received his Degree in Physical Therapy in 2002 at the Mayo Clinic. He went on to receive his Doctorate in Physical Therapy as well as his Post-Doctoral Fellowship in Manual Therapy from Regis University in Denver CO. Additionally he is Board Certified as an Orthopedic Specialist by the American Physical Therapy Association Board of Specialty Practice. Dr. Groves partnered with Fit for Work with the understanding that he could impact ‘patients’ and their employer’s bottom line to a much greater degree if he was able to work with the employees prior to becoming ‘patients.’

Ensor E. Transfeldt MD
Dr. Transfeldt attended medical school at the University of Witwatersrand and his surgical internship at Bragwanath Hospital, both in Johannesburg, South Africa. He did his residency in orthopaedic surgery and a spine fellowship at the University of Toronto. Ensor was a John H. Moe Spine Fellow at the Twin Cities Scoliosis Spine Center/University of Minnesota. He is currently a staff surgeon at Twin Cities Spine Center in Minneapolis.

Mikki Townshend PT, DPT, OCS
Mikki treats orthopedic diagnoses including spine/pelvis, pelvic health (women and men), and chronic pain. She has a special interest in pain neuroscience, cervical dystonia, and working with gymnasts and dancers. Mikki has lived on Bainbridge Island, WA for nearly twenty years. She has volunteered with the Bainbridge Island Gymnastics club since 1999.

Janette Ahrndt PT, MPT
Janette brings a unique vision to her practice. Her expertise lies in her gentle, hands-on approach to individualized care which promotes a balanced body. Movement and posture reeducation are practiced in simple, usable forms, to expand vitality for daily activities. Janette has extensive training and experience in Pilates, Gyrotonic® movement, CranioSacral Therapy, Myofascial Release, and Lymph Drainage Therapy. Janette makes her home on Bainbridge Island, WA. She enjoys kayaking, being outdoors and sharing time with friends and family.

Janette and Mikki have presented at the Pilates’ on Tour Rehabilitation Conference in 2012 and 2015, at the NOI Pain and Neuromatrix Symposium in Adelaide 2012 and Mikki presents annually at the Spasmodic Torticollis Symposia.
Clinical Conference 2016 Registration Information

**REGISTRATION OPTIONS:**
- [ ] Online: www.ispinstitute.com
- [ ] By phone: 1-866-235-4289
- [ ] By fax: 1-515-733-2744
- [ ] By mail: International Spine & Pain Institute
  PO Box 232
  Story City, Iowa 50248

**PAYMENT OPTIONS:**
- Check: Payable to International Spine & Pain Institute
- Credit Card: Visa, MasterCard, Discover, or American Express

**HOW DID YOU HEAR ABOUT ISPI’S CONFERENCE?**

**T-SHIRT SIZE (ADULT/MEN’S CUT): CIRCLE ONE**
- [ ] S
- [ ] M
- [ ] L
- [ ] XL
- [ ] XXL

**PRICING OPTIONS: CIRCLE YOUR SELECTION**

<table>
<thead>
<tr>
<th>SELECTION</th>
<th>EARLY, EARLY BIRD: BY MAR 1</th>
<th>EARLY BIRD: BY APR 30</th>
<th>REGULAR REGISTRATION</th>
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<tbody>
<tr>
<td>Friday Lab Session ONLY</td>
<td>$215</td>
<td>$230</td>
<td>$245</td>
</tr>
<tr>
<td>Saturday Keynotes ONLY</td>
<td>$275</td>
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<td>$320</td>
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<tr>
<td>Sunday Lab Session ONLY</td>
<td>$150</td>
<td>$160</td>
<td>$170</td>
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<tr>
<td>Full Conference Fri - Sun</td>
<td>$599</td>
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Group rates are available, please call ISPI for more details. EIM Network Partner Discount off early rates before April 30, call ISPI for discount code.

**FRIDAY 6 HOUR COURSE OPTIONS - PLEASE RANK**

- Graded Motor Imagery
  Schmidt, Zimney
- Assessing & Treating Fear of Movement
  Linton
- Spinal Manipulation
  Flynn, Childs, Puenteadura
- Assessment, Reasoning & Management
  Jones

**SUNDAY 4 HOUR COURSE OPTIONS - PLEASE RANK**

- Altering Pain Memories w/ Exercise Therapy
  Nijs
- Cognitive Behavioral Therapy
  Keefe
- Mindfulness & Massage
  Pirtle, Sabo John
- Evolving Motion: Pilates
  Ahrndt, Townshend

Breakout sessions feature individualized, hands-on labs thus limiting space. Spaces are filled on a first-come basis. Please rank your preferences and we will do our best to accommodate your request though you may not end up in your first choice.

**Certification Policy:** CEUs for Physical Therapy applied to the Minnesota State PT Associations for approval of 6 hours for Friday; 8 hours for Saturday and 4 hours for Sunday.

**Cancellation Policy:**
- If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant cancels using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for “no shows” at the course nor for cancellation any time after the course start date. Please see www.ISPInstitute.com for complete cancellation policies.

**Institute Cancellation:** If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an “act of God” or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.