

## Course Schedule and Content:

**The Assess Predict, Treat Workshop**  
**An Advanced Learning, Interpretation, and Application Workshop on Neck Pain:**  
**Traumatic and Non-Traumatic**

**Jim Elliott PT, PhD, FAPTA & Dave Walton PT, PhD**

Day 1		Presenters	Teaching strategies and learning activities
7:45-8:00	<b>REGISTRATION</b>		
8:00-9:30	Intros and expectations Cases	All	
9:30 – 10:15	Introduction: Whiplash and Neck Pain – what do we know? What don't we know? Introduction to the Assess, Predict, Treat framework	Elliott	Lecture
10:15-10:30	<b>MORNING BREAK</b>		
10:30-12:00	<b>ASSESS:</b> Discuss: what are the goals of assessment in the acute stage? Chronic stage? The Radar Plot and Triangulation – frameworks to help organize information from people with neck pain Quantifying the Patient's perspective: Key Self-report tools for screening or quantifying pain, disability, pain cognitions and emotions	Walton	Lecture / Practical
12:00 – 1:00	<b>LUNCH</b>		
1:00 – 2:15	Psychophysical Testing: Quantitative Sensory Testing in the Clinic	Walton	Practical
2:15 – 2:30	Afternoon Break		
2:30 – 4:15	Other Clinical Tests	Elliott / Walton	Practical
4:15 –	Feedback, prepare for next day		

5:00			
<b>Day 2</b>			
8:00 – 9:00	Summary from yesterday	Walton	
9:00 – 9:45	Imaging – When to do it, when to avoid it	Elliott	Lecture
9:45 – 11:30	PREDICT: Results of Systematic Reviews/Syntheses of Prognostic Research Application of a clinical prediction rule New model for understanding the transition from acute to chronic pain Effectively communicating risk of <i>good, not so good, poor recovery</i>	Walton/Elliott	Lecture & group discussion
11:30- 12:15	What is the role of PT when psycho-social factor appear to be the primary drivers for recovery?	Walton/Elliott	Lecture/Disussion
12:15- 1:15	LUNCH:		
1:15- 2:15	TREAT:  Summarize CPG's for Acute/Chronic management  Cases – Sean, Margot, and Karen  Treatment strategies following demonstration <ul style="list-style-type: none"> <li>• Training of neck muscles</li> <li>• Oculomotor rehabilitation</li> <li>• Education – Tips, tricks and considerations</li> </ul>	Walton/Elliott	Lab demonstration and group practice
2:15- 4:15	Complete the assessment findings for Sean, Margot, and Karen.  Trade cases and work out a management plan. Parking Lot issues, Ask-it-Basket or other outstanding questions	Group discussions	
4:15- 5:00	Wrap up, Summarize, Adjourn	Elliott / Walton	

CEU's - hours will be applied for through WPTA