



Understanding chronic pain

This class will cover how best to communicate the latest contemporary understand about what chronic pain is and how it develops. Dr Haavik will clarify what we as chiropractors can and cannot claim to help you thrive in an evidence informed world.

As this class is about communicating the latest science Dr Heidi Haavik will also cover the key take home messages from the clinical literature on chiropractic and pain, basically, how to communicate what we know from the research literature about the benefits of chiropractic care for back pain, neck pain and headaches.

BASIC SCIENCE LEVEL 2 - CLASS 8

LEARNING OUTCOMES

After taking this class the student will be able to:

1. Explain the latest relevant basic science neurophysiology research about pain to patients and other health care providers.
2. Understand the benefits of communicating the latest understanding about the neurophysiology of pain to patients.
3. Understand the role of the limbic brain in amplifying and chronification of pain.

LESSON CONTENT

Every lesson has a practice quiz. At the end of the lessons there is a final quiz and if you pass the final quiz, you will receive a certificate of completion.

1. Chiropractic helps those who suffer with spinal and head pain.

- Take home messages about the clinical research about chiropractic for low back pain.
- Take home messages about the clinical research about chiropractic for neck pain.
- Take home messages about the clinical research about chiropractic and headaches.
- How to communicate to the public about how chiropractic care can help them e.g. with their headaches.

2. The neurophysiology of chronic pain.

- How to explain the neurophysiology of pain to the public.
- Understanding that pain feelings are always 100% created in the brain.
- Understanding that although pain is created in the brain it's still a very real problem.
- Understanding that pain sensations do not necessarily reflect actual tissue damage.

3. Incongruent sensory information is enough to make your brain feel pain.

- How incongruent sensory information can cause the feelings of pain.
- Chiropractic subluxations most likely cause incongruent sensory information.
- The research evidence showing that spinal dysfunction is associated with a range of poor brain functions.
- A description of how these different brain dysfunctions might be explained to patients who come in to see chiropractors.

4. The negative neuroplastic effects of recurring low grade neck dysfunction.

- How to communicate the neurophysiology of chronic pain to patients.
- What neural plasticity is and the importance of the Inner body schema.
- How brain adaptations can be positive and negative.

5. How the emotional limbic parts of the brain drives the amplification of pain.

- How the emotional limbic parts of the brain drives the amplification of pain and turns it into a chronic problem.
- The effects of stress on pain.
- How stress can cause chiropractic subluxations.

6. How many parts of the brain are involved in creating the feelings of pain.

- Using the orchestra analogy to explain how many parts of the brain are involved in creating the feelings of pain.
- The role of the prefrontal cortex in the orchestra of pain in the brain.
- How to educate new patients about what pain is and what could be involved and, together, how you need to train the brain out of pain.

CREATED BY:



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