



**noiIN**

Knowledge driving health



NOI INDIA | A branch of Neuro Orthopaedic Institute

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Neuro Orthopaedic Institute Australasia (NOI) is an independent, international group of health professionals dedicated to quality education and resource development. Noigroup Publications has grown from the demand for resources to support our education system and emerging research in public health literacy, graded motor imagery, neurodynamics and internet education.

## Explain Pain

A two-day interactive seminar

This seminar expands on David Butler and Lorimer Moseley's book [Explain Pain Second Edition](#) and [The Explain Pain Handbook: Protectometer](#).

It extracts novel paradigms, therapeutic stories and strategies from the neuroscience revolution for use to facilitate conceptual change for both patient and provider.

Closely linked to self-management and health literacy movements, the seminar is delivered in a way in which any professional working in the areas of pain and stress such as physiotherapists, occupational therapists, doctors, chiropractors, rehabilitation counsellors and lawyers will benefit.

Neuroscience can be fun. You'll be introduced to the newest knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems are critical in a pain experience.

Patients can understand far more neuroscience than most health professionals realise, meaning that, potent coping strategies may not be getting to the public. Explain Pain provides a way of knowledge transition.

### COURSE OBJECTIVES

1. To expand the clinical framework of rehabilitation via the paradigms of neuromatrix and pain mechanisms.
2. To teach biologically based pain management skills under a framework of the sciences of clinical reasoning and evidence from clinical trials, neurobiology and education research.
3. To reconceptualise pain in terms of modern neuroscience and philosophy.
4. To stimulate an urgent reappraisal of current thinking in rehabilitation, with benefits for all stakeholders in clinical outcomes - the patient, the therapist, the referrer and the payer.
5. To teach core pain management skills of neuroscience education.

### ENHANCE COURSE OUTCOMES

The following pre-reading is strongly recommended for better learning outcomes:

- [Explain Pain Second Edition](#) book.
- Moseley GL et al 2004 A RCT of intensive neurophysiology education in chronic low back pain. *Clinical Journal of Pain* 20:324-330



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## COURSE PROGRAM

DAY ONE: 9am - 5pm

- Conceptual change and the biopsychosocial approach
- How does the nervous system work?
- Narratives from Neuroscience 1 - "Tissue issues, nociception and pain"
- Narratives from Neuroscience 2 - "I have got a pinched nerve"
- Narratives from Neuroscience 3 - "It's all in your head"

DAY TWO: 9am - 5pm

- Narratives from Neuroscience 4 - "Peturbations in homeostasis"
- Therapeutic neuroscience education
- Biologically based graded exposure (pacing)
- Virtual body exercises



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