

# Wholistic Pain Management and Rehabilitation

April 1-3, 2022

Lowood Educational Center, Duck, Outer Banks, NC

<b>Date and Time</b>	<b>Topic</b>	<b>Description</b>
<b>Friday, April 1</b> 8:00-8:30	Breakfast	
8:30-9:00	Opening and Welcome	
9:00-11:00	An Integrative Approach to Pain Management	This lecture will address the integration of herbal medicine, pharmaceuticals and other treatment modalities in a way that puts the "whole" in "wholistic." Communication with clients, other practitioners and specialists can be crucial to case management and using a language that everyone understands facilitates patient care.
11:00-11:30	Break	
11:30-1:00	An Overview of Rehabilitation Modalities	Rehabilitation offers numerous modalities to round out a multimodal therapy approach to pain management. Participants will be able to identify and choose from a variety of options to address pain in a non-pharmacological manner.
1:00-2:30	Lunch	
2:30-3:30	Allopathic Options for Pain Management	In an integrative practice, we will commonly see patients coming in that are concurrently utilizing allopathic pharmaceuticals. This review will discuss commonly used medications as well as utilizing herbs in combination with these. It will also elucidate the physiologic effects of common NSAIDs in the body.
3:30-4:00	Break	
4:00-6:00	Herbs for Musculoskeletal Conditions	Herbal medicine can benefit the musculoskeletal system in multiple ways from building and supporting tissues to reducing pain and inflammation. Additionally, the differences in the physiology of herbs and NSAIDs will be explained. Several herbal monographs will be presented including botanical, phytochemical, traditional and scientific information. *
<b>Saturday, April 2</b> 8:00-8:30	Breakfast	
8:30-10:00	The Wholistic Examination	The wholistic history and physical examination includes multiple factors, observations and questions that may not always be included in a conventional physical examination. This lecture will cover some

		important considerations to enhance this approach to patient care.
10:00-10:30	Break	
10:30-12:00	Acupuncture for Pain Management	Acupuncture has many indications – one of the most common being pain management. This lecture will discuss the basic theory behind utilizing acupuncture as well as some of the most frequently utilized points for common pain conditions.
12:00-1:30	Lunch	
1:30-3:30	Herbs for Nervous System Conditions	Several herbs have been identified that have specific therapeutic effects on the nervous system to enhance healing as well as reduce anxiety and muscle tension which can complicate the experience of pain. Several herbal monographs will be presented including botanical, phytochemical, traditional and scientific information. *
3:30-4:00	Break	
4:00-5:30	Rehabilitation Case Presentations	This lecture will be a presentation of cases combining a variety of rehabilitation and pain management modalities.
<b>Sunday, April 3</b> 8:00-8:30	Breakfast	
8:30-10:30	Herbs for Other Chronic Conditions	Some herbs have a wide range of activities that provide general support for organ systems and improve overall health and vitality. These will be covered along with a discussion of herbal integration for concurrent conditions. *
10:30-11:00	Break	
11:00-1:00	Palliative Case Presentations	This lecture will be a presentation of common chronic cases with an emphasis on musculoskeletal and nervous system conditions.
1:00-1:30	Closing	

**\* There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.**

## **Wholistic Pain Management and Rehabilitation Pricing:**

Price: \$495

Discount for onsite signup: \$25

Special Price: \$470

**Partial refunds available until February 1, 2022.**

Payment accepted by check, money order or through Paypal.