

Wholistic Pain Management and Rehabilitation

September 23-25, 2022

Date and Time	Topic	Description	Location
Friday, September 23 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Welcome		Classroom
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.	Classroom
11:00-11:30	Break		
11:30-1:00	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.	Classroom
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.	Classroom
3:30-4:00	Break		
4:00-5:00	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.	Classroom
Saturday, September 24 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:00	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.	Classroom
10:00-10:30	Break		
10:30-12:30	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. *	Classroom
12:30-2:00	Lunch		
2:00-3:00	Lecture: Assistive devices and environmental Modification	How to adjust the home environment to allow your older or handicapped pet to remain a part of the family	Classroom
3:00-3:30	Break		

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3:30-5:30	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. *	Classroom
Sunday, September 25 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:30	Herbs for Chronic Support	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. *	Classroom
10:30-11:00	Break		
11:00-1:00	Rehabilitation Case Presentations	This lecture will be a presentation of common chronic cases with an emphasis on musculoskeletal and nervous system conditions.	Classroom
1:00-1:30	Closing		Classroom

* 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.