



WORLD OF HURT SEMINAR

MARK YOUR CALENDARS
FOR OCT. 31 - NOV. 2 OF
2025

COMING TO STL

**COURSE TITLE: PERIPHERAL NERVOUS SYSTEM PAIN
MECHANISMS & EXERCISE PRESCRIPTIONS**

With sign up options of one, two, and three day course options!

Course Instructor's: Annie O'Connor, PT, OCS, Cert. MDT &
Melissa Watson, MSPT, Cert. MDT

Location: STL Sports Clinic
B645 Spirit Valley Central Dr.,
Chesterfield, MO 63005

For Who: Open to all students
(DC's, PT's, Etc) and allied
professionals (MD, DO, DC, DPT,
PT, OTs, MSW, PsyD, etc.)



COURSE INFO



WORLD OF HURT SEMINAR

PERIPHERAL NERVOUS SYSTEM PAIN MECHANISMS & EXERCISE PRESCRIPTIONS

FRIDAY OCT. 31 - NOCICEPTIVE PAIN MECHANISMS: EXTREMITY DIRECTIONAL PREFERENCE, TISSUE & FUNCTION REMODELING EXERCISE PRESCRIPTIONS

This **one-day course** provides information critical to the assessment and treatment of patients dominated by Nociceptive Pain Mechanisms requiring specific exercise prescriptions. Outlining Chapter Four of “A World of Hurt: A Guide to Classifying Pain”, clinicians will **learn how to assess and classify nociceptive inflammation and ischemic pain mechanisms**. This course will present a collaboration with nociceptive mechanical classification systems: **Mechanical Diagnosis and Treatment - McKenzie Method (MDT) and Dynamic Neuromuscular Stabilization (DNS)**. Classifying nociception into inflammation and ischemia then further as directional preference, tight and weak connective tissue dysfunction, and functional motor control impairments guides specificity of patient education and exercise prescriptions. Pain clinicians will **learn to subgroup the nociceptive pain mechanisms identifying connective tissue healing phases** of inflammation, repair, and remodeling for post trauma, post-surgical, and pathology to guide the transition of patient education and specific exercise. This course **provides interventions of patient education and specific prescriptive exercises** for each common mechanical and functional syndrome involving upper and lower extremity. Video, paper cases and live patient demonstrations (when available) will aid application to clinicians’ practice to understand the importance of the “words” and “moves” necessary to reverse nociceptive pain mechanisms.

SATURDAY/SUNDAY NOV. 1-2 - PERIPHERAL NEUROGENIC PAIN: NEURAL ENTRAPMENT TO NEURAL DYSFUNCTION EXERCISE PRESCRIPTIONS

This **two-day course** provides information critical to the **assessment and treatment of patients dominated by Nociceptive Pain Mechanisms involving the peripheral nerve**. The Peripheral Neurogenic Pain Mechanism (PNPM) requires **specific neurodynamic mechanical exercise prescriptions** as well as pain neuro-immune science education about peripheral nerves and the pain alarm system. Outlining Chapter Five and Six of “A World of Hurt: A Guide to Classifying Pain,” clinicians will learn how to assess and classify neurogenic nociceptive pain mechanisms as either “trapped,” “tight,” or “sensitive” utilizing neurodynamic evaluation testing and clinical reasoning. This course assists **identifying neural entrapments, dysfunctions and/or the beginning signs of central sensitivity in both the upper, lower body and spine**. This pain neuro-immune science course provides interventions in patient education for neurogenic conditions and specific prescriptive neurodynamic exercises for each neurogenic mechanical problem. **This course includes an active manual therapy workshop for common upper and lower body neural entrapment sites and local tissue treatments**. In addition, a workshop dedicated to both active neurodynamic exercise progression and passive neurodynamic testing and mobilization. Video, paper cases and live patient demonstrations (when available) will aid application to each clinician’s practice by understanding the importance of the specific “words” and “moves” necessary to reverse neurogenic mechanical nociceptive pain mechanisms.



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NOV. 2 OF 2025

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FOR MORE INFO

REGARDING WORLD OF HURT INFORMATION, OR CURRENT
COURSE DAY OPTIONS AND PRICING

SCAN THE QR CODE BELOW OR CLICK THE LINK IN OUR
INSTAGRAM BIO @LOGANREHAB2PERFORM

