



**Pain School
International**

COMPREHENSIVE PAIN EDUCATION PROGRAM ONLINE

2024-25

painschoolinternational.com

MODULE 1: September 26 – 27, 2024

Theme: Basics, Low Back, Hip, Knee, Radiofrequency

LECTURES

- Diagnostic Approach to the Lumbar Spine
- Physical Exam and History of the Low Back
- The Role of Imaging in Chronic Low Back Pain: A Practical Guide for Non-Radiologists
- Epidurals of the Lumbar Spine (Transforaminal, Caudal, Interlaminar)
- Lumbar Facet Pain: Epidemiology, Diagnosis and Treatment
- Pseudosciatica Diagnosis and Treatment
- Safety Considerations for Interventional Pain
- Minimally Invasive Treatments versus Surgery for Lumbar Spine
- Sacroiliac Pain: Epidemiology, Diagnosis and Treatment
- Diagnostic Approach and Focused Physical Exam of the Knee Joint
- Diagnostic Approach and Focused Physical Exam of the Hip Joint
- Sympathetic Blocks: Lumbar Sympathetic, Superior Hypogastric, Ganglion Impar Block
- The Role of Physical Therapy and Exercise, and Evidence
- Cadaver Lab Orientation

PRE-COURSE EDUCATION MATERIAL / VIDEO LECTURES

- Local Anesthetics and Contrast: Concept, Drugs, Mechanism of Actions, Pharmacokinetics by Different Routes, Pharmacodynamics, Toxicity
- Radiation Safety
- US Basics, Diagnostics and More
- Principles of Radiofrequency
- Diagnostic Blocks
- Ultrasoundpaedia – Normal Sonoanatomy of the Hip
- Ultrasoundpaedia – Normal Sonoanatomy of the Knee
- Antithrombotic Therapy - Main Considerations
- Electrodiagnostic Testing for the Pain Physician
- Review of the US Anatomy Diagnoses and Procedures of the Knee and Ankle Joint
- Review of the US Anatomy Diagnoses and Procedures of the Hip Joint
- Biofeedback, Hypnosis, Psychotherapy, Coping, CBT and Evidence
- Needle Guidance with Fluoroscopy
- Ultrasound Needle Guidance and Home Exercises for Newbies - Ultrasound Made Easy
- Ultrasound of the Lumbar Spine, Pelvis and Peripheral Nerves
- How to Read a Low-back MRI
- Multimodal Concept in Pain Medicine

LIVE PROCEDURE DEMOS

- Lumbar Medial Branch
- SI Denervation
- Discography

WORKSHOPS

- Diagnostic Evaluation, History Taking and Understanding the Mechanism of Low Back Injury
- Most Common Low Back Diagnoses and Ways to Recognize Them on Imaging
- Lumbar Spine Fluoroanatomy and Targets for Interventional Procedures (Images and MCQ Discussed)

MODULE 2: November 21 – 22, 2024

Theme: Lumbar Advanced / Cervicothoracic Basics / Regenerative Medicine
Pulsed Radiofrequency / Sympathetic Blocks

LECTURES

- Caudal Epiduroplasty
- History and Physical Exam of the Neck and Arm
- Cervical Facet Pain: Epidemiology, Diagnosis and Treatment
- Migraine Headache
- Cervicogenic Headaches (AO, AA, GON, LON, TON, Myofascial, Discogenic, C1,2,3 Spinal Nerve Irritation)
- Cervical Epiduroplasty
- Chest Wall Pain
- Intro to Regenerative Medicine
- Current Evidence of Regenerative Medicine
- Bone Marrow Concentrate Applications (with evidence)
- Prolotherapy vs PRP vs BMC
- Treatment Options for Enthesopathies
- DRG PRF
- Approach to Cancer Pain
- Sympathetic Blocks: Splanchnic, Celiac

PRE-COURSE EDUCATION MATERIAL / VIDEO LECTURES

- PRF Basics
- Pain Conditions When You Really Need a Neurosurgeon
- Cervical Anatomy, Fluoroanatomy, Focus on Safety
- Ultrasound of the Shoulder I-II. by the French Society of Musculoskeletal Imaging
- Sympathetic Blocks: Stellate, T2,3 Symp
- Ultrasound of the Cervical Spine and Peripheral Nerves
- Step-by-Step Approach to Evaluate a Cervical MRI
- Step-by-Step Approach to Evaluate a Cervical X-Ray (AP, lateral, FLExiON Extension)
- The Role of Opioids
- Ultrasound of the Thoracic Spine, Abdomen and Peripheral Nerves
- Ultrasoundpaedia – Normal Sonoanatomy of the Shoulder

LIVE PROCEDURE DEMOS

- Epidurolysis
- Cervical Medial Branch RFA
- Cervical Epidural
- Knee PRP
- Low Back PRP or Prolotherapy

WORKSHOPS

- Problem-based Learning / Splanchnic-Celiac, Hypogastric Problem-based Discussion
- Problem-based Learning / Lumbar/Cervical Spinal Pain Differential Diagnosis and Treatment Options
- Review: Ultrasound of Lumbar Spine, Pelvis, Hip and Knee

MODULE 3: March 6 – 7, 2025

Theme: Headache / Facial Pain / Joint Denervation / Osteoplasties
Cryoablation / Neuromodulation

LECTURES

- Facial Pain: Trigeminal
- Facial Pain: Sphenopalatine
- Peripheral Nerve Entrapments
- Cryoablation Basics and Cryoablation for Peripheral Nerves
- Diagnostic Approach to the Shoulder Joint
- Joint Denervation: Hip
- Joint Denervation: Knee
- Joint Denervation: Shoulder
- Postherpetic Neuralgia
- CRPS
- Vertebroplasty, Kyphoplasty
- Osteoplasties
- IT Pumps
- PNS
- SCS
- SCS vs Surgery
- Cordotomy

PRE-COURSE EDUCATION MATERIAL / VIDEO LECTURES

- The Role of Adjuvants and Evidence
- Principles of Cryoablation (Mechanisms and Indications)
- Pterygopalatine Anatomy
- Pelvic Pain
- Focused Physical Exam of the Shoulder, Elbow and Wrist
- Diagnostic Approach to Spinal Fractures Before Vertebroplasty
- Neuromodulation Basics
- Ultrasoundpedia - Normal Sonoanatomy of the Ankle
- Ultrasoundpedia - Normal Sonoanatomy of the Elbow
- Ultrasoundpedia - Normal Sonoanatomy of the Wrist

LIVE PROCEDURE DEMOS

- Trigeminal Balloon Compression or RFA
- Knee Cryoablation
- Intrathecal Pump/SCS Implant

WORKSHOPS

- Case Presentations and Discussions
- Facial Pain PBLD
- APLS (Advanced Pain Life Support) for Non-Anesth. / PBLD for Anesth.