

Learning Objectives

MedBridge, Inc.

The Neuroscience of Sprains, Strains, Pain and Sports Performance

Adriaan Louw, PT, PhD, CSMT

Upon completion of this course, the participant will be able to:

Chapter 1: Tissues, Current Models and Pain in Athletes

- Identify how current biomedical models are outdated in viewing pain in athletes
- Justify the inclusion of a more rounded bio-psycho-social approach to view injury and pain in an athletic population

Chapter 2: The Brain and Nervous System in Athletic Pain

- Describe various neuroscience processes in the peripheral nervous system and central nervous system in athletes experiencing pain
- Recognize how the whole brain is busy processing information, ultimately producing pain in the pain neuromatrix

Chapter 3: Pain, the Brain and Sports Performance

- Justify why sports performance starts and ends with the brain, not tissues
- Analyze sports performance from a perspective of a brain busy processing pain at the expense of various critical functions needed in sports performance, such as concentration

Chapter 4: Clinical Pearls: Cutting-edge Neuroscience for Athletes in Pain

- Integrate the new neuroscience view of pain into every-day clinical practice scenarios
- Recognize the importance of including cognitive strategies in a tissue-dominant model for athletes in pain