

## **Modern multifactorial and bio-psycho-social pain rehabilitation**

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An traditional biomedical framework is what most clinicians are familiar with, but like all reasoning this is vulnerable to error, this especially if the clinical reasoning is predominantly with an pathological, biomechanical or structural focus. There is a increasing trend for health professionals to increase their scope of practice, especially if the field is highly competitive. Traditionalist clinicians may find themselves being phased out of their normal roles, if other professions more quickly grasp the current "pain science" paradigm.

Our current orthodox clinical narrative is falling behind, urgency change is necessary for our survival, if we as clinicians hope to remain a valued provider in the musculoskeletal pain area. Our outdated clinical narrative and fixed world view, often put limits and restraints on our ability to reimagining and reconceptualize pain rehabilitation differently, and better.

We need to take a hard look at the governing theories, narratives, philosophies, and world-view that there are in pain management. Updating this world-view is a part of learning the clinical skills of providing modern pain rehabilitation. As clinicians we need to tap-into the goldmine of research based knowledge, that we have currently about pain, to provide high-quality care.

We need to reimagine and reconceptualize the pragmatic treatment of people with pain. Research can encourage and facilitate this clinical change, but only we as clinicians can implement the change, and every single person that we take under our care - deserve this change.

Understanding the how and why we experience pain is fundamental to being able to help, guide and treat people in pain. A comprehensive scientific view of what factors that modulate pain, is paramount in facilitating this. This will also serve as robust starting point, for an updated approach to the treatment of patients with pain.

In the lecture, you will learn how to use the biopsychosocial pain model, get an in-depth review of the many different factors which modulates pain, and we will review a clinical reasoning model as a essential component in your biopsychosocial reasoning.