

Continuing Education

Université de Montréal
Faculté de médecine
Programme d'ergothérapie



Since 2006,
2015's SOMATOSENSORY REHABILITATION OF PAIN

What can we offer our patients suffering from neuropathic pain?

SOMATOSENSORY REHABILITATION OF PAIN LEVEL 1

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16 and 17 April 2015 / Price CAD Dollars 700

The somatosensory rehabilitation of pain method offers an alternative to treat neuropathic pain (ex. neuralgia i.e. post carpal tunnel syndrome release, CRPS, etc.).

Originally created for hand therapy, this method is about treating the area of altered skin sensation in relation with a specific nerve. It concerns the whole body and its 240 cutaneous branches.

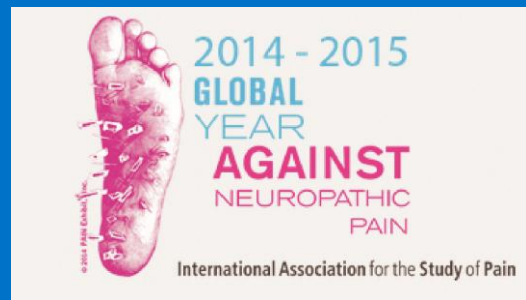
Normalisation of cutaneous sensory abnormality has a positive impact on neuropathic pain: improving function, improving patient's quality of life and even its working capacity.

The content of level 1 in somatosensory rehabilitation of pain includes:

- Evaluation of axonal lesions: mapping the hypoaesthetic territory, static 2-point discrimination test, tingling signs (Tinel etc.) and somatosensory qualifiers.
- Somatosensory rehabilitation of pain paradigm, based on neuroplasticity mechanisms.
- Static mechanical allodynia: clinical sign and treatment with distant counter-stimulation.
- Workshop on somatosensory testing.

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Please note that the following books are provided to support this training:

- Spicher, C.J. (2006). *Handbook for Somatosensory Rehabilitation*. – Foreword : A.L. Dellon. Montpellier, Paris: Sauramps Médical [The English translation of : Spicher, C. (2003). *Manuel de rééducation sensitive du corps humain humain* (1^{ère} édition) – Préface : J.-P. Roll. Genève, Paris: Médecine & Hygiène].
- Spicher, C., Buchet (- Desfoux), N. & Sprumont, P. (2013). *Atlas des territoires cutanés du corps humain : Esthésiologie de 240 branches* (2^{ème} édition) – Foreword : S.W. Carmichael (Mayo Clinic). Montpellier, Paris : Sauramps médical, 100 pages. Topography of the cutaneous distribution of 240 branches are illustrated and named in English, French and Latin in this atlas ($n = 1528$ observations). It is a book for clinicians for the assessment of neuropathic pain patients (NPP).
- Each student will receive a personal **handout** that includes every updating between the 1st edition in English and the 3rd edition (**January 2015**) published in French.

Learning aims:

- Evaluate disorders of cutaneous sense and neuropathic pain associated.
- Define therapeutics strategies and treat cutaneous sense disorders to lower neuropathic pain.
- Prevent neuropathic pain complications with somatosensory rehabilitation of pain method.

Subscription:

https://ecommerce.dexero.com/shopping/readap/readap2/event/fc_ergo_cliniciens/Detail.view