



A Not-for-Profit Research & Resource Centre

Spinemobility's Boot Camp Program for Persistent Neck Pain

Half Day Workshop

Why learn the Boot Camp Program for Persistent Neck Pain?

- *More than 80% of individuals experience neck pain and associated disorders during their lifetime, with 30% to 50% of the general adult population reporting neck pain annually*
- *Neck pain is a the third most common cause of disability world-wide*
- *The severity and risk of disability from neck pain increases with age and with the aging population the prevalence and severity of neck pain in the population is growing*
- *For many patients, neck pain is a complex biopsychosocial disorder with problematic physical and psychological symptoms.*
- *This makes the clinical management of neck pain often challenging*
- *You will learn a step-by-step treatment program for patient with Persistent Neck Pain developed at Mount Sinai Hospital and The University of Toronto.*
- *It is a best evidence-based program developed from recent clinical practice guidelines.*
- *The program translates the evidence into a structured, comprehensive and practical approach that can be implemented into clinical practice*
- *The program combines specific manual therapy techniques with instruction on specific home based exercise and self-management strategies all delivered using a cognitive behavioral approach*
- *You will learn all these skills and receive the tools to start the program first day back at your practice.*
- *Receive certificate of completion and have your name and clinic listed on the spinemobility website as a trained practitioner.*

621-95 Prince Arthur Ave., Toronto, Ontario, Canada, M5R 3P6

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Spinemobility's Boot Camp Program for Persistent Neck Pain

Half Day Workshop Syllabus

8am to 1 pm

Workshop Learning Objectives and Outcomes

A. Lecture Portion 1.5 Hours)

Understand the etiology, patho-anatomy, patho-physiology, prevalence and burden of persistent neck pain

Understand the key features of the history and physical examination for patients presenting with neck pain

Know common diagnoses and differential diagnoses for persistent neck pain and associated arm pain and headache

Know the role of imaging for assessing patients with persistent neck pain with associated arm pain and/or headache.

Know potential effective non- pharmacological and treatments options for persistent neck pain and evidence supporting their use

Know how to use a cognitive behavioural approach to care

Understand the chronic disease model of care and management

Understand the role of patient self-management and self-monitoring

B. Demonstration/Hands-On Portion

(a) Learn to perform all the specific manual therapy techniques (1.5 Hours)

Understand the rationale and learn to perform all the manual techniques in the boot camp program

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b) Learn to perform all the specific patient exercises (1.5 hours)

- Understand the rationale and learn to perform all patient exercises in the boot camp program

c) Learn how to implement the boot camp program in your clinic (0.5 hours)

- Understand the rationale for the Boot Camp Program and its underlying principles
- Learn how to integrate and implement program in your clinic

Summary

The Boot camp program is an evidence-based multi-modal approach suited for practitioners who use manual therapy. The focus is on pain reduction, sustained improvement in functional status, reduced disability risk and self-management for life.

This workshop will provide step-by-step training on how to perform all necessary patient exercises, manual therapy techniques, instruction on self-management and how to deliver all these interventions using a cognitive behavioural approach. At the end of the workshop the participant will be able to implement the Boot Camp Program in their clinic.

Instructor

Dr. Carlo Ammendolia is the Director of the Spine Clinic and the Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis and Autoimmune Diseases at Mount Sinai Hospital. He received his MSc degree in Clinical Epidemiology and Health Care Research and his PhD in Clinical Evaluative Sciences from the University of Toronto. Dr. Ammendolia is an Assistant Professor in the Institute of Health Policy, Management and Evaluation, the Department of Surgery and the Institute of Medical Sciences at the University of Toronto.

In 2012 and 2017, Dr. Ammendolia was recipient of the Professorship in Spine Award from the Department of Surgery in the Faculty of Medicine. In 2015, he was awarded the Chiropractor of the Year Award from the Ontario Chiropractic Association and in 2016 the

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Researcher of the Year Award from the Canadian Chiropractic Association. Dr. Ammendolia has been in clinical practice for over 36 years and now combines clinical practice, research and teaching in the areas of non-operative treatment of mechanical, degenerative and inflammatory spinal disorders. He is the founder of spinemobility, a not-for-profit Research and Resource Centre aimed at developing and testing programs for spinal and other musculoskeletal conditions. Dr. Ammendolia developed the Boot Camp Programs for lumbar spinal stenosis, persistent low back pain, persistent neck pain, ankylosing spondylitis, sciatica, persistent shoulder pain, knee and hip OA and fibromyalgia. He conducts workshops worldwide on his boot camp programs.

Course Educational Materials

Persistent Neck Pain Patient Workbook

- Written background information on the causes, common symptoms and available treatments for persistent neck pain
- An overview of the Boot Camp Program for Persistent Neck Pain
- Instructions and illustration of all patient exercises and self-management strategies
- A schedule to record intensity and frequency of each exercises over the 6-week program

Persistent Neck Pain Patient Instructional DVD

- Video presentation by Dr. Ammendolia on the causes, common symptoms and available treatments for persistent neck pain and overview of the Boot Camp Program for Persistent Neck Pain
- Video demonstration of all exercises and self-management strategies including proper sitting/driving/computer use/standing/walking and sleeping postures

Persistent Neck Pain Practitioner Treatment Protocol DVD

- Video demonstration on all manual therapy techniques
- Instruction on how to implement the Boot Camp Program into clinical practice

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Persistent Neck Pain Practitioner Implementation Guide

- Step-by-step and visit by visit instruction on implementing and integrating the boot camp program into clinical practice
- Recommended patient schedule and progression for daily exercise intensity and frequency over the 6-week program



spinemobility

Boot Camp Program
**PERSISTENT
NECK PAIN**
Dr. Carlo Ammendolia

2nd Edition

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Boot Camp Program- Persistent Neck Pain

For Clinicians
Implementing Dr. Ammendolia's Boot Camp Program for Persistent Neck Pain

Review Workbook, Patient Video and Treatment Protocol before starting the program with patients

#1 Visit

- 1) Give manual therapy treatment as described in video
- 2) Show first 2 exercises in workbook . . . start with aerobic exercises and select type and intensity based on patient preference and fitness level with goal 30mins 2x/w by week 6.
- 3) In patient's workbook on schedule page, record: a) Date and b) under week #1 . . . record X min on bike/swim/run/walk and for exercises #2, seconds held (5) & repeats (5). Copy of patient schedule also needs to be kept in chart to follow patient progress (enclosed in your package).
***** Remind patient they will be coming in 2x/w for 6 weeks!

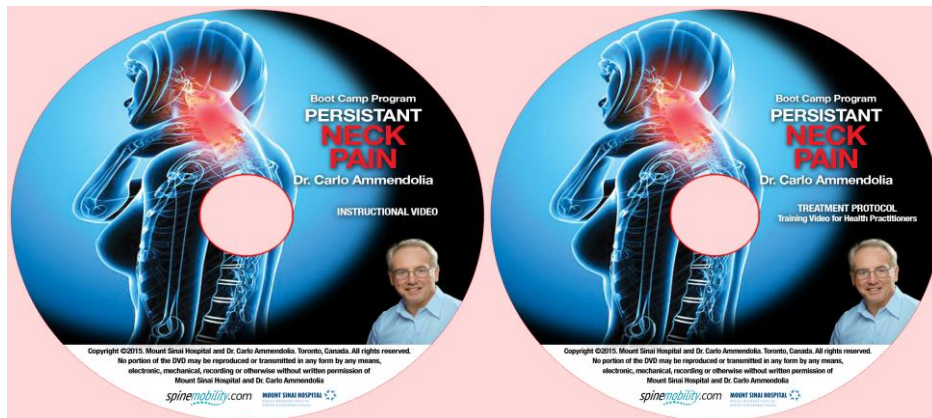
#2 Visit

- 1) Give manual therapy (same as visit #1)
- 2) Review previous exercises #1-2
- 3) Give new exercises (#3-4)
- 4) Record on schedule sheet in patient's workbook (patient needs to bring each visit), new exercises but with same intensity (5s holds & 5 repeats) and also on the patient's chart using same information that was entered in their workbook

#3 Visit

- 1) Give manual therapy
- 2) Review last week's exercises #1-4
- 3) Give new exercise (#5) but because new week, we increase hold by 1 sec (6 seconds for all exercises given)
- 4) Record date on week #2. Record everything on schedule sheet & patient's chart
***** This same procedure is repeated each visit, adding new exercises based on schedule below;

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