



**Master Class:
MDT Management of Chronic Pain
COURSE OUTLINE**

Course Dates:

May 1 – 20, 2026: Asynchronous learning followed by two Zoom sessions, May 13 and 20, 2026

Course Description Information:

Understanding pain requires a comprehensive approach that considers both physical and mental well-being within the framework of the International Classification of Functioning, Disability, and Health (ICF). This course will explore key principles of pain assessment and management, with a focus on how clinicians can apply Mechanical Diagnosis and Therapy (MDT) concepts to guide treatment decisions. Participants will discuss practical strategies for addressing the management of Chronic Pain Syndrome and optimizing patient outcomes through evidence-based interventions.

Course Instructors:

Jane Borgehammar, PT, DSc, OCS, Dip. MDT, FAAOMPT

Melissa Kolski PT, DPT, OCS, Dip. MDT

Course Fee: \$450

Eligibility: Part C course completion is required

Objectives:

Upon completion of this course, participants will be able to:

- Discuss current research and trends in identification of pain mechanisms in subgroupings of nociception, peripheral neuropathic and nociplastic changes.
- Identify the history and examination findings from an MDT exam that result in MDT classification of Chronic Pain Syndrome
- Describe psychosocial considerations for persons living with persistent pain.
- Demonstrate the ability to problem solve strategies for patients with various pain behaviors and psychosocial considerations
- Evaluate the evidence and apply appropriate screening tools to identify strategies for the patient with persistent pain.
- Theorize how objective patient findings could inform clinical management of individuals with symptoms of persistent pain.

Course Schedule:

This hybrid course includes 7 hours of self-paced pre-work to be completed before the two consecutive Wednesday live interactive sessions on May 13 and 20 from 4:00pm – 7:30pm EDT.

The comprehensive course manual will be provided in the Schoology learning platform where you will complete the self-paced assignments.

Pre-Virtual Course Preparation (Self-Paced Online Content in Schoology)

- Pain Processing (Module 1) - 77 minutes
- Therapeutic Alliance (Module 2) - 59 minutes
- Cognitive / Emotional Factors (Module 3) - 38 minutes
- Comorbidities (Module 4) - 34 minutes
- Autonomic System (Module 5) - 26 minutes
- Graded Motor Imagery (GMI) (Module 6) - 27 minutes
- Graded Exposure (Module 7) - 34 minutes
- Graded Activity (Module 8) - 30 minutes
- Follow-Up and Goal Setting (Module 9) - 39 minutes
- Assessment (30 minutes) + Self-Study quizzes (44 minutes)



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Session 1: Wednesday, May 13th

Virtual Instruction - ZOOM

4:00 PM – 7:30 PM EDT

Featuring – Instructor-led discussion with interactive elements, Small Group Breakout Sessions and problem-solving strategies.

4:00 – 5:00pm	Module 1: Pain Processing
5:00 – 5:30pm	Module 2: Therapeutic Alliance
5:30 – 6:30pm	Module 3: Cognitive and Emotional Factors
6:30 – 7:00pm	Module 4: Comorbidities
7:00 – 7:30pm	Putting it all Together

Session 2: Wednesday, May 20th

Virtual Instruction - ZOOM

4:00 PM – 7:30 PM EDT

Featuring – Instructor-led discussion with interactive elements, Small Group Breakout Sessions and problem-solving strategies. Be prepared to share your camera and be on screen.

4:00 – 4:45pm	Module 5: Autonomic Nervous System
4:45 – 5:30pm	Module 6: Graded Motor Imagery
5:30 – 6:30pm	Module 7-8: Graded Exposure & Graded Activity
6:30 – 7:30pm	Module 9: Follow up and Goal Setting

Post-Virtual Course Learning Assessment (Self-Paced Online Content in Schoology)

- Assessment Quiz (10 questions) 30 minutes