



CARRICK INSTITUTE

CLINICAL NEUROSCIENCE AND REHABILITATION™

Carrick Institute
May 4, 2023

Pain Reset 2.0 - \$2,750.00 USD, approx. \$3,728.02 CAD

Program Hours - 50 Total Hours

Travel Cost - \$0.00 (Online, No Travel)

Program Information - <https://carrickinstitute.com/programs/pain-reset/>

Pain Reset 2.0

What is Pain Reset 2.0™?

Pain Reset 2.0™ continues the tradition of Pain Reset™ and the Carrick Institute by providing top-tiered education. It is a multi-format program comprising a mix of live and online learning that includes hands-on, evidence-based, clinically proven training for treating chronic pain. Pain Reset 2.0™ involves synthesizing over 40 years of combined clinical experience in neurology, biomechanics, and rehabilitation. Pain Reset 2.0™ provides its learners with powerful, practical tools that pair the latest discoveries in Clinical Neuroscience and Biomechanics into a practical approach to treating patients with chronic pain.

What is Clinical Neuroscience?

Clinical Neuroscience is a branch of neuroscience that focuses on the scientific study of fundamental mechanisms that underlie diseases and disorders of the brain and central nervous system. It seeks to develop new ways of conceptualizing and diagnosing such disorders and developing novel applications to treat them.

What Sets Pain Reset 2.0™ Apart from Other Chronic Pain Programs?

The Pain Reset 2.0™ difference lies in its ability to integrate a diverse array of chronic pain and brain models into one very effective and focused approach. At the core of this integration lies the concept of "Neurological

Layering," which can immediately improve the effectiveness of any clinical technique used in treating chronic pain when appropriately applied.

The program considers how the brain and biomechanics influence pain. It teaches participants how to identify the brain regions and biomechanical faults involved in promoting pain and how to fix them. Practitioners learn to create "Truly Customized" treatment plans based on a person's unique biomechanics and neurology.

Is This Truly a One-off-A-Kind Program?

We like to think so, as no other program in chronic pain offers what we have put together for you. If you wanted to learn everything taught in Pain Reset 2.0™ on your own, you would have to study Clinical Neuroscience for years and assimilate information from dozens of different seminars.

Pain Reset 2.0™ allows you to shortcut this educational journey and get to the part that matters most: Getting your patients out of pain. We synthesized the information for you into an easily digestible format immediately applicable when you step back into your practice after the course.

Why Don't All Therapies Work?

There is a reason why bird dog exercises and core stabilization exercises do not work for everyone. The answer lies in the uniqueness of everyone's nervous system. No two people have the same brain activity process for any painful condition, and no two people will respond the same way to a particular approach.

Pain Reset 2.0™ continues the tradition of teaching you fast and practical neurological/biomechanical assessments that will improve the effectiveness of any technique you are currently using.

The 5 Domains of Learning in Pain Reset 2.0™

1. Chronic Pain Theory
 1. Neuroplasticity & Pain Sensitization Model
 2. Gate Control Model
 3. Biopsychosocial Model
 4. Threat Pain Matrix Model
 5. Sensorimotor Mismatch Model
 6. Joint Position Error
2. Brain Function & Pain Modulation
 1. Brain Localization

2. Brain Laterality/Hemisphericity
3. Motor Analgesia
3. Best Practices
 1. Pain Questionnaires
 2. Pain Treatment Outcome Measures
4. Examination Procedures
 1. Core
 - i. Vestibular Ocular Motor Screens
(VOMS)
 - ii. Proprioceptive Screens
 - iii. Somatosensory Screens
 - iv. Autonomic Screens
 - v. Balance Screens
 - vi. Gait Assessment
 2. Specialty
 - i. Smooth Pursuit Neck Torsion Test
 - ii. Head Eye Movement Control Tests
 - iii. Stroop Test
 - iv. Finger Tap Test
 - v. Anti-Saccade Test
 - vi. Primitive Reflex Tests
 - vii. Sensory/Motor Spilling Tests
 - viii. Pupil Light Reflex (PLR App)
 - ix. Pulse Oximetry Testing
 - x. Red Desaturation Test
 - xi. Fukuda Step Test
5. Treatments & Applications
 1. The Malibu Algorithm of Pain Desensitization
 2. Graded Motor Imagery
 3. Neurodermal Techniques
 - i. Combing
 - ii. Brushing
 - iii. Cupping
 - iv. Compression
 - v. Taping
 4. Functional Restoration Techniques
 - i. Isometric Exercises
 - ii. Coordination & Mobility Exercises
 - iii. Regression Exercises
 - iv. Motor Control Exercises
 - v. ATM2
 5. Neuromodulation Techniques

- i. Galvanic
 - ii. Vagal Nerve Stimulation
 - iii. Auricular Therapy
 - iv. Shockwave Therapy
 - v. TENS
6. Light & Photobiomodulation
7. Nerve Flossing & Tensioning for Neuropathic Pain
8. Vestibular Rehab & Eye Exercises

Rebuilding Pain-Free Movement

Pain Reset 2.0™ continues to teach scholars how to observe, deconstruct and reconstruct movement to achieve neurological and biomechanical integrity.

Pain Reset 2.0™ provides participants the opportunity to:

1. Observe your patients through a combined neurological & biomechanical lens.
2. Interpret how these neurological influences affect an individual's biomechanics and ability to inhibit pain.
3. Learn a fluid & dynamic model to treat pain. This model combines neurophysiology and neuro-biomechanics in a quick, effective, and reproducible way.

Who is This Class For?

Pain Reset 2.0™ is designed for healthcare professionals seeking improved clinical outcomes in treating pain. The program will further interest those practitioners who attend to patients suffering from chronic pain conditions who have been otherwise unresponsive or under-responsive to previous care.

The healthcare professionals that can attend this program are MD, DC, DO, PT, OT, ATC, LMT, ND, LAc, PA, NP, and CA (If accompanied by DC).

If you have any questions about your eligibility to attend this program, don't hesitate to get in touch with admissions@carrickinstitute.com

Benefits for the attendees of the Pain Reset™ Program

1. Accuracy – Know exactly where to focus your treatment for maximum results.
2. Speed – Learn techniques that reduce your time with your patients without sacrificing results.

3. Reproducibility – Learn a model that is fluid/dynamic and reproducible.
4. Results – Achieve improved clinical outcomes.

Why Choose the Carrick Institute for Your Educational Needs?

The Carrick Institute has a 45-year history of providing evidence-based clinical education in Clinical Neuroscience and Functional Neurology.

Our dedication to making all we teach as simple and practical as possible promotes lifelong learning and inspires our global alums to continue developing new and exciting clinical applications. We specialize in translating complex information into easily understandable formats. This allows for accelerated learning and the development of novel applications that may be applied in various circumstances spanning the healthcare and athletic performance fields.

Thus, those who desire to learn from leaders in the field and become part of a community that focuses on support and encouragement will find a home at Carrick Institute. We invite you to join our team and learn with us.

Course Structure

- 10 Hours of Pre-course preparation (Flipped Classroom)
- 4-day live online learning & training
- One day of online, self-paced learning that includes:
 - Course summary highlighting key points.
 - Case videos with discussion
- End-of-program exam in which a passing score is necessary to achieve certification.
- Post-examination faculty advisor consult
 - To discuss weaknesses and strengths as determined by your examination scores.
 - To answer any questions you may have.

Tuition

General Tuition: \$2,750

Your Tuition Upon Achieving Certification Status Includes the following:

1. 50 Neurology Hours (includes 30 hours from 4 days online training; 10 hours from Flipped Classroom; 10 hours from Day 5 online)
2. All-Access to the digital recording of the class
3. Receive any future updates to the course videos or other materials
4. Re-attendance – Retake the class onsite, via Livestream, or online, self-paced learning as many times as you'd like as an audit. *
5. All access to the flipped classroom material and online videos, including updates. The clinical applications will be organized and updated so you can easily find them, review them, and implement them in practice.
6. A workbook to help you better organize and retain the material taught.
7. Three months of unlimited access to Medline