

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Active Therapies for Pain: A Physical Therapist's Guide to Improved Patient Outcomes

Presented by: LTC Nicholas Koreerat, PT, DPT, OCS, CSCS;
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Offered: 19 August 2025, 0730–1130 AM ET
Location: Partnership for Public Service, 6th Floor – Room 610

Course Description: Learn from experienced board-certified physical therapists with specialties in orthopedics, neurology, and geriatrics in this hands-on workshop as it equips healthcare providers to confidently integrate active therapies into their lower body, back, and upper body pain treatment plans. Participants will learn to identify appropriate candidates for active therapies, develop individualized treatment plans, and modify exercises for specific patient needs, all while minimizing risks and maximizing patient outcomes. Attendees will gain practical skills and strategies they can implement immediately in their practice.

Learning Objectives:

1. Identify red flags and contraindications for active therapies in patients with lower body, back, and upper body pain.
2. Justify the selection of a particular active therapy approach based on patient presentation, evidence, and clinical reasoning.
3. Modify a given exercise or therapy to accommodate a patient's specific limitations or needs.
4. Develop an individualized treatment plan incorporating active therapies for a hypothetical patient with lower body, back, and upper body pain.
5. List at least three benefits of active therapies for lower body, back, and upper body pain that can be shared with patients.

19 August 0730–1130 AM ET

0730–0830	Lower Body
	I. Current Evidence for Active Therapies for the Lower Body
	II. Hands-On Workshop for Lower Body Therapeutic Exercises
	III. Case Study Discussions
0830–0840	----- BREAK -----
0840–0945	Back
	I. Current Evidence for Active Therapies for the Back
	II. Hands-On Workshop for Back Therapeutic Exercises
	III. Case Study Discussions
0945–0955	----- BREAK -----
0955–1100	Upper Body
	I. Current Evidence for Active Therapies for the Upper Body
	II. Hands-On Workshop for Upper Body Therapeutic Exercises
	III. Case Study Discussions
100–1130	Clinical Pearls and Panel Discussion