

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Resilient Warrior: A Data-Driven Lifestyle & Performance Medicine Approach to Recovery and Pain Management

Presented by: Maj Jeffrey Smith

Offered: 12 August 2026; 0830-1030 AM ET

Location: ZoomGov

Description: This presentation details the self-managed, technology-driven lifestyle medicine intervention of a U.S. Air Force Officer who sustained a significant traumatic injury while managing a chronic kidney condition and chronic musculoskeletal challenges. It showcases a six-pillar approach using wearable technology and biometric data to preserve metabolic health, maintain physical strength, and foster rapid recovery, illustrating the power of data-driven, patient-led care in overcoming complex health challenges.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. Describe the application of the six pillars of lifestyle medicine in a real-world case of traumatic injury with chronic pain and chronic disease management.
2. Analyze the role of wearable technology and biometric data in guiding a self-directed, personalized recovery protocol.
3. Identify key strategies for preserving metabolic health and preventing muscle atrophy during periods of reduced mobility.

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0830–0900 The Why Behind Lifestyle Medicine

0900–0930 How to Use LM to Approach Pain

0930–1000 How to Incorporate LM in Your Clinic Visits

1000-1015 How to Get Involved in LM

1015-1030 Q & A, Discussion and Wrap-Up