

A\OK

*Pain PD
Prospectus*



Hello!



Thank you so much for being here!
Looking forward to supporting you and your team.

Through my journey of studies and work I've built a collection of unique skills that I would love to share with you. My qualifications include a Bachelor of Health Science/Masters of Physiotherapy and a Bachelor of Dance plus the Diploma of Professional Pilates Instruction.

My mission is to help your team be confident supporting your members through pain, helping them to stick with you long-term, even through the challenging times

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WORKSHOP OUTLINE

- Current definitions of pain, injury & pathology
- Understanding the BPS model and the complexity of the contributing factors for pain
- Pain as a perception & how our experience can be easily altered
- Introduction to Nociception with a focus on how thresholds and input can be changed both at the peripheral & central processes.
- Our system as a predictive processor and how our brain often "fills in the gaps"
- How we collaboratively build the space & culture in the studio, the implicit biases we bring to the studio and why we need to be aware of this for pain



WORKSHOP OUTLINE

- Updates for common language used to talk about our bodies to reframe towards optimism & impermanence
- Updates for acute injury management
- Updates for common myths - e.g. core work needed for back pain, "proper technique" required for injury prevention
- Strategies to help clients "move through the stress cycle"
- practical strategies to support a client w acute pain in the studio including language & movements/exercise
- practical strategies to support a client w persistent pain in the studio including language & movements/exercise
- How and when to refer for more Allied Health support



Thank-you!

I'm so excited to continue working with you!
To book a Workshop or Series in person or online
please reach out via the contact options below....



Contact:

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Insta: [@aok_keepmoving](https://www.instagram.com/aok_keepmoving)