A Practical Guide for Persistent Pain Therapy

KnowPain
EMPOWERING FUNCTION THROUGH EDUCATION

"Attending this course was like opening a treasure chest filled with invaluable gems of pain knowledge and practical skills." Physiotherapist

"I connect with my patients so much better since taking this course." Physiotherapist

Glasgow
Saturday 21st & Sunday 22nd November 2026

What you will learn

Day 1

Setting the Scene: What is pain? What are we hoping to achieve?
The Neurobiology of Pain: Making sense of sensitivity.
Developing Teaching Skills: Optimise your patient education skills.

Day 2

The Language of Pain: Develop your communication skills & make it easier for people to talk about their pain experience.
Pain & the Affective Mind: Combining psychological treatment skills with physical rehabilitation & manual therapy.
Getting Going Again: Empowering function by applying pacing & graded exposure therapy to your practice.
Case Studies: An opportunity to test what you have learnt before you return to clinic. Use a variety of real life patient case studies to practice your new skills!

CPD Hours: 14

Cost: £275

Discounts: £220 for students & when booking with friends/colleagues

Also available for tailored in-service training!

Discover more & book your place
www.knowpain.co.uk

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Mike is a physiotherapist, researcher and visiting university lecturer with almost thirty years experience. He teaches across elite sports, and is an advisor on pain management to the International Olympic Committee.