

# Pediatric Pain Changes the Brain: How Therapy Treatments Can Be More Successful



## PRESENTER

**Dr. Karen Pryor, PHD,  
PT, DPT, ND, CH, CFPS**  
International Speaker

**WITH  
MICA FOSTER, DC**

*Author of Ten Fingers Ten Toes  
Twenty Things Everyone Needs  
to Know: Neuroplasticity for  
Children*



## WHEN

**Anytime/anyplace**

## TARGET AUDIENCE

OTs, OTAs, PTs and PTAs

## INSTRUCTION

**METHODS:** Lecture, slides, video  
**LEVEL:** Mixed level



## WHERE

**On-demand  
Conference**

*Comfort of your home/office/school*



**FEE special \$179**



**CE Broker Tracking  
# 50-31070  
course #: 20-842491**



## ACCREDITATION

**6.0 contact hours,  
0.6 AOTA CEUs, 6.0 NBCOT  
PDU's, 7.2 NY PT CEUs,**

**Certificates will be awarded**

*Credits listed are offered by  
Theramoves for full  
attendance.*

*Learning outcomes will be  
completed on the computer via  
an online survey. A score of  
70% or more is required to  
receive the certificate of  
completion.*

*Please contact the office with any  
special needs request*

## DESCRIPTION

Are your pediatric patients uncooperative or seem difficult to treat? They may be experiencing underlying pain that impairs them to assimilate stimulation and information properly. **This course will provide practitioners with a deeper understanding of methods in recognizing, evaluating and treating their pediatric patient population.** Attendees will be able to illustrate the somatosensory neurological networks, sensory fiber types and differentiate types of pain. Clinicians will learn about the pediatric pain experience and how pain information is received, processed, recorded and replayed. This course will provide techniques to treat acute injuries, chronic pain, birth trauma, tremors, high/low tone and pre-/post-operative pediatric patients. **Clinicians will learn evidence-based manual therapy and neuroplasticity techniques to restore healthy neural network connections and achieve better outcomes for their patients.** Case studies will demonstrate how to employ some these methods. The techniques employed in this course instruct therapists to treat the source of the challenges and promote more rapid recovery.

## AGENDA

- 30 min Identifying pain in your pediatric population and educating the patient and caregivers.  
50 min Extensive evaluation of the pediatric patient.  
20 min Types of pain, types of sensory fibers, physiology of injury and persistent pain.
- BREAK**  
60 min How pain changes the brain, missing links in connection and integration. Somatosensory neural networks illustrated and explained. Polyvagal theory and ANS balance.
- 35 min Use of manual therapy and sensory stimulation to modify pain sensation integration.
- LUNCH**  
35 min Use of neuroplasticity techniques to forge new neurological pathways and connections. Pairing cranial nerves.  
20 min Treating birth trauma, tremors and tone.  
30 min Managing acute/chronic pain and pre/post-operative patients.  
60 min Clinical case studies. Mindfulness practices and exercises to further assist in recovery and well-being.

**REFUNDS & CANCELLATIONS:** No refunds for on-demand webinars.

**Disclosure: Financial:** Dr Karen Pryor, PhD, PT, DPT and Mica Foster, DC will receive a speaker's honorarium from TheraMoves Services for the presentation **Non-Financial:** They have no non-financial relationships to disclose



--TheraMoves is an AOTA Approved Provider of continuing education. The assignment of AOTA CEUs does not imply endorsement of specific course, content, products, or clinical procedures by AOTA." (APP # 11168 ) Approved by AOTA for 0.6 CEU 6.0 contact hours, beginner/intermediate domain of OT performance skills

--TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2 contact hours)

## LEARNING OBJECTIVES

**At the end of this seminar the participant will be able to:**

1. Appraise and understand the subtle cues of pediatric pain and methods of pain assessment in children.
2. Define and differentiate types of pain and complicating factors and the emotional-physiological response to injury.
3. Appraise the embryological development of the somatosensory neural network. Illustrate the sensory receptors and neural pathways. Be able to explain pain-gate theory and poly-vagal theory.
4. Evaluate and employ an effective plan for your pediatric patients with acute, chronic and post op pain as well as birth trauma.
5. Employ skills and methods in manual therapy for effective management of pain and neurological-somato-emotional assimilation.
6. Articulate specific exercises for pairing neurological connections for better outcomes and how to tonify the autonomic nervous system.
7. Differentiate melodic tones and brain talk to promote ease, coherence and entrainment.
8. List additional methods of stress reduction that decrease pain and anxiety in your pediatric population-breath, movement/ yoga and art/mandalas/ coloring.

## PRESENTER'S BIO

**Karen Pryor, PhD, PT, DPT** has a doctorate in physical therapy and has practiced for 40 years in the field. Involved with birth to three through early intervention since 1986, she developed techniques to be utilized in homes, childcare centers, and school systems to advance therapy programs in children. Karen is a sought-after speaker on Neuroplasticity across the United States. Dr. Pryor serves on the Board of Leadership Interagency Coordinating Council for early intervention, appointed by Governor Bill Haslam and Governor Bill Lee of Tennessee from 2014-2024. Karen received President's award for Volunteer Service in Tennessee for the advancement of treatment of children in 2010 from President Barack Obama. In addition, she was an adjunct professor at Tennessee State University for the Occupational School (2012-2013) as well as Volunteer State University Physical Therapy Assistant School (2008-2009). Currently, she is a Certified Clinical Instructor for several additional colleges and universities (e.g., University of Tennessee at Chattanooga, Tennessee State University, Daymar College, and Nashville State Community College). In conjunction with her teaching duties, Dr. Pryor is active on boards of Tennessee State University, Daymar College, and Nashville State Community College. With her years of experience and passion for complete wellness, Dr. Pryor assists in advancing the wider view of how therapy can be integrated from birth through a person's lifespan.

**Mica Foster, DC.**, graduated from University of Bridgeport College of Chiropractic in 2005. She is also a licensed Craniosacral therapist, Reiki Master, HeartMath practitioner and Artist. She has a private practice in Hood River, Oregon. She treats a wide array of musculoskeletal disorders with a focus on mind-body connection and stress reduction. She counsels her patients on nutrition, yoga/exercises and a variety of mindfulness techniques. She enjoys teaching "The art of meditation: drawing mandalas" to all ages applying mathematics, psychology, creativity, storytelling and somato-emotional awareness to their creations. She has created "community coloring collaboration" walls to invite community connection, communication and healing in cancer centers, coffee shops and schools. She has created "custom color pages for the classroom" specifically designed to decrease stress, increase focus and introduce aspects of mindfulness practices. Her art therapy has been distributed nationwide. Her illustrations have been featured in the book Ten Fingers Ten Toes Twenty Things Everyone Needs to Know in 2019.