



# Pain SIG Newsletter

Volume 1, Issue 1

Winter 2022

APTA—Michigan

## Pain SIG Updates

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A new year always comes with new reflections, new resolutions, and new challenges. Even though evidence continues to advance, and technology is opening up different opportunities we never quite imagined, one thing remains the same; pain and pain related disability continues to impact millions of Americans and is increasing incidence.

The costs associated with chronic pain estimates nearly \$635 billion dollars annually. Emphasis on the use of opioids for pain management has resulted in over 50,000 deaths in 2019 alone, with costs reaching \$78.5 billion spent yearly on opioid prescriptions. There is no argument that the current culture within the medical field associated with pain is lacking and needs change. Knowledge translation has been shown to be 17 years behind current evidence which is 17

years too long given the ease of accessing and sharing updated research.

Through the Pain SIG, we are motivated to take these challenges head on and have been dedicating much of our free time to ensure that pain care in Michigan doesn't have to be the status quo. We want to excel in the care we provide our patients and be a standard of excellence for others to work towards. And we're here to help you excel!

After taking a step back over the past year to really focus on our mission and vision, we are excited for what is yet to come. Having developed monthly clinical pearls to help keep you in the loop with the latest and greatest pieces of evidence, finding and convincing three esteemed international pain experts to present at the annual Pain Summit, and being your source to fight and advocate for what we do every single day will

not only help you become a better clinician but also improve the lives of all your patients.

We are excited for each one of you to join us on this journey. We know the road will be long and at times working with pain can be very difficult. But through the passion you commit to each of your patients and any engagement you can provide within the Pain SIG will continue to move us all forward towards our mission of decreasing the overall burden persistent pain has placed in our state. I can speak for all of us on your leadership team that we are thankful and excited to have you with us!

Best Regards,  
Cameron Faller  
Pain SIG Chair

### Special points of interest:

- \* Upcoming activities and engagements
- \* Pain SIG updates
- \* APTA-Michigan Spring Conference
- \* Keynote speaker bios
- \* SIG Board Members

## Mark Your Calendars: Spring Conference and Pain Summit

The APTA-Michigan Spring Conference and annual Pain Summit is coming up on April 2, 2022 in Kalamazoo, MI at the Radisson Hotel. The Pain SIG is proud to host three breakout sessions where you will have the opportunity to learn from our

nation's leading experts in the field of pain management. Be sure to take a look at the topics and bios outlined on page three. Please join us to network and discover new ways to excel in the care and treatment of patients.



## Member Update

As we start the year 2022, if you have not done so already, please consider officially registering for the Pain SIG through APTA-Michigan. There are many benefits of being a registered member of the Pain SIG including monthly clinical pearls, educational events, and pain resources for clinicians. As of November 2021, we have 41 members officially registered, 101 members in the email list, and 154 members in the Pain SIG Facebook Group.

To officially register for the Pain SIG, go to: [Join Pain SIG](#)

and click the “join SIG” button on the right. This will open a page where you select the Michigan Physical Therapy Pain SIG and click “save changes” at the bottom. If you have any questions, please reach out to the leadership team.



## Upcoming Clinical Pearls

Clinical pearls serve as a benefit to registered members and are found on the Pain SIG page on the APTA-Michigan website. These are essays, written by the board members, relating to specific topics about pain science. These provide valuable information and resources to help clinicians treat patients.

Upcoming clinical pearl topics:

**January:** Manual Therapy & Pain Science

**February:** Motivational Interviewing/Behavior change

**March:** Pain Neuroscience Education

Clinical Pearls offer valuable information and resources to help clinicians treat patients

## Pain Summit Presenters

### Dr. Leonard Van Gelder

**A Process-Based Approach to Pain and Movement Problems**

Leonard Van Gelder is a physical therapist, athletic trainer, therapeutic pain specialist, spinal manual therapist, and strength and conditioning specialist. He has been involved in the movement and rehabilitation field for over 15 years. During this time, he has studied, published research, and presented at regional and international conferences on the science of stretching, strength and conditioning,

and therapeutic pain science interventions. He has explored a diverse spectrum of manual therapy and movement approaches, and emphasizes a biopsychosocial approach to manual therapy, movement, and education in his practice. He owns and practices clinically at Dynamic Movement and Recovery (DMR) in Grand Rapids, MI.



## Dr. Sarah Haag

### Pelvic Health and Pain Science

Sarah graduated from Marquette University in 2002 with a Master's of Physical Therapy. Sarah has pursued an interest in treating the spine, pelvis with a specialization in women's and men's health. Over the years, Sarah has seized every opportunity available to her in order to further her understanding of the human body, and the various ways it can seem to fall apart in order to sympathetically and efficiently facilitate a return to optimal function. Sarah was awarded the Certificate of Achievement in Pelvic Physical Therapy (CAPP) from the Section on Women's Health. She went on to get her Doctorate of Physical Therapy and Mas-

ters of Science in Women's Health from Rosalind Franklin University in 2008. In 2009 she was awarded a Board Certification as a specialist in women's health (WCS). Sarah also completed a Certification in Mechanical Diagnosis Therapy from the Mckenzie Institute in 2010. Sarah has completed a 200 hour Yoga Instructor Training Program and is now a Registered Yoga Teacher. Sarah looks at education, and a better understanding of the latest evidence in the field of physical therapy, as the best way to help people learn about their conditions, and to help people learn to take care of themselves throughout their lifespan.



## Dr. Evan Parks

### Acceptance and Commitment Therapy

Dr. Evan Parks is the founder of Equip To Empower, LLC, a business focused on training and equipping leaders to reach their goals and transform their relationships. He is also a clinical psychologist working in pain rehabilitation at Mary Free Bed Rehabilitation Hospital in Grand Rapids, Michigan and is an adjunct assistant professor at Michigan State University College of Human Medicine. He has

developed a website and podcast on pain rehabilitation to help those who would not have access to quality rehabilitation services. Learn more at [PainRehabSource.com](http://PainRehabSource.com).



## SIG Board Members

Chair: Cameron Faller, PT [camfallerdpt@gmail.com](mailto:camfallerdpt@gmail.com)

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