



**FEDERAL UNIVERSITY OF SÃO CARLOS**  
**CENTER OF BIOLOGICAL AND HEALTH SCIENCES**  
**GRADUATE PROGRAM IN PHYSICAL THERAPY**  
**Concentration: Physical Therapy and Functional Performance**  
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**COURSE: FIT 570 - Topics in Evaluation and Treatment of Chronic Pain**

**Credits: 6**

**Course Load: 90 hrs.**

**Instructor: Mariana Árias Ávila Vera, Ph.D.**

**Course Overview:**

- Pain: concept, classification, and taxonomy.
- Neurophysiology of pain and risk factors of pain chronification.
- Nociceptive and neuropathic pain and central sensitization: different associated pathologies (cancer pain, pain in older adults, and fibromyalgia).
- Chronic pain: biopsychosocial factors.
- Methods for assessing and measuring acute and chronic pain.
- Intervention for chronic pain: major interventions for chronic pain (e.g., pharmacological and psychological).
- Physical therapy for chronic pain: therapeutic devices.
- Physical therapy for chronic pain: exercise prescription.

**Course Materials:**

1. BUTLER D, MOSELEY GL. Explicando a Dor. 2009. Adelaide, Aus: 2<sup>a</sup> ed. Noigroup Publications. Tradução de Tanja Samira Jorgic.
2. CATLEY MJ, O'CONNELL NE, MOSELY GL. How good is the Neurophysiology of Pain Questionnaire? A Rasch analysis of psychometric properties. *Journal of Pain*, 2013; 14(8): 818-827.
3. GOLDBERG DS, MCGEE SJ. Pain as a global public health priority. *BMC Public Health* 2011, 11:770-775. IASP. Classification of Chronic Pain, Second Edition (Revised 2012) Disponível em: <http://www.iasp-pain.org/files/Content/ContentFolders/Publications2/ClassificationofChronicPain/Introduction.pdf>. [consultada em 28/03/2017] IOM (Institute of Medicine). 2011. Relieving Pain in

4. America: A Blueprint for Transforming Prevention, Care, Education, and Research. Washington, DC: The National Academies Press.
5. KOPF A, PATEL NB. Guia para o Tratamento da Dor em Contextos de Poucos Recursos. IASP Press. 111 Queen Anne Ave N, Suite 501, Seattle, WA 98109-4955, USA. 1ª Edição, 2010.
6. MOSELEY GL, BUTLER DS. Critical Review: Fifteen Years of Explaining Pain: The Past, Present, and Future. *The Journal of Pain* 2015; 16(9): 807-813.
7. NIJS J, VAN WILGEN C P, VAN OOSTERWIJCK J, VAN ITTERSUM M, MEEUS M. How to explain central sensitization to patients with ‘unexplained’ chronic musculoskeletal pain: practice guidelines. *Manual Therapy* 2011; 16: 413-418.
8. SOUZA CS, OLIVEIRA AS. Prevalência de encaminhamentos às doenças musculoesqueléticas segundo a classificação estatística internacional de doenças (CID-10): reflexões para formação do fisioterapeuta na área de musculoesquelética. *Fisioter Pesq.* 2015; 22(1):48-53.