

CURRICULUM / CONTENT

Understanding Pain And The Scientific Osteopathic Approach Of Pain

1. Definition of Pain

2. Types of Pain

- 2.1. *Acute and Chronic Pain*
- 2.2. *Nociceptive and Neuropathic Pain*
- 2.3. *Somatic and Visceral Pain*
- 2.4. *Referred Pain*
- 2.5. *Somatogenic and Psychogenic Pain*
- 2.6. *Pain Threshold*
- 2.7. *Pain Tolerance*

3. Neurology of Pain

- 3.1. *Reception*
- 3.2. *Transduction*
- 3.3. *Transmission*
 - 3.3.1. Transmembrane Receptors
 - 3.3.2. Ascending Pathways
 - 3.3.3. Gate Control Theory of Pain
 - 3.3.4. Transport of Pain Stimuli
 - 3.3.5. Brain Centers Linked with Pain Perception
- 3.4. *Modulation*
 - 3.4.1. Lateral and Medial Pain Systems
- 3.5. *Perception*
 - 3.5.1. Pain Seen as a Homeostatic Emotion
 - 3.5.2. Pain Suppression – The Analgesia System

4. Specific Pain Types

5. Osteopathy

6. Bibliography

Annex 1 - The Central Sensitization Inventory - CSI

Annex 2 – Visual Analogue Scale / VAS

Acknowledgment