WHAKATERE Physiotherapy Conference 2024 | PHYSIOTHERAPY NEW ZEALAND Kōmiri Aotearoa

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Bio

Lorimer is Bradley Distinguished Professor at the University of South Australia. He is a clinical and research physiotherapist, Professor of Clinical Neurosciences, Foundation Chair in Physiotherapy and CEO of the non-profit Pain Revolution. He has authored 400 scientific articles and 7 books, has made seminal contributions in both pain science and pain management, and won prizes from governments or professional societies in 13 countries. He has delivered free public pain education events to over 30,000 people in 6 countries and his patient-facing videos attract over 5 million views annually. In 2020, he was made an Officer of the Order of Australia, Australia's second highest civilian honour, for 'distinguished service to the fields of pain and its management, education, science communication and physiotherapy, to humanity at large'.

Abstract

The Fit for Purpose/Play/Performance model - the science, the evidence and the future.

Until recently, treatment approaches to chronic pain were predominantly repurposed approaches that had been tested, with variable success, in other conditions. However, discoveries around 'how pain works', how complex bodily systems learn and adapt, and how sensorimotor processing is disrupted in chronic pain, led to new treatments built 'from the ground up' that directly targeted those disruptions. The Fit for Purpose model was developed to integrate the most effective of those treatments into complex care programs, grounded in rethinking pain and its causes, refining neuroimmune networks (or 'neurotics') and gradually reinstating functional and structural resilience. The model is centred around the concept of 'bioplasticity' and clinical trials testing the model against a range of comparators are in process, planned or completed. In this talk I will cover the scientific underpinnings of the model, the current evidence around its effectiveness in a range of conditions, its failures and limitations, powerful role that consumer feedback has played in adaptation, and the resources that have been developed to standardise and optimise implementation.