

77th NATA Clinical Symposia On-Demand

THE PAIN PUZZLE: UNDERSTANDING AND TREATING WHAT HURTS

Abstract:

Pain is the most common reason patients seek care. However, it is also extremely complex, and many athletic trainers lack a thorough understanding of pain processing and perception. As a result, patient encounters and treatment decisions can be challenging to navigate. In this lecture, we will cover a variety of pain principles including nociception, pain perception, central and peripheral sensitization, and a systematic approach to evaluating and quantifying musculoskeletal pain (quantitative sensory testing, patient-reported outcome measures). We will also summarize the best-evidence to guide non-pharmacologic pain treatments to enhance clinical outcomes and performance recovery following musculoskeletal injury.

Learning Objectives:

- Recognize the differences and relationship between nociception and pain perception.
- Evaluate subjective (patient-reported outcome measures) and objective (quantitative sensory testing) measures to quantify a patient's pain experience.
- Choose appropriate non-pharmacologic evidence-based interventions to treat acute and chronic pain musculoskeletal pain.

Schedule and Format:

Available On-Demand on [NATA EducATe](#) starting July 31, 2026.

NATA Cancellation/Refund Policy:

Cancellation/refund requests for 2026 Blended Learning sessions must be emailed to membership@nata.org prior to May 31, 2026. Refunds will be credited back to the original payer via the method they were received. Blended learning sessions are non-refundable beginning June 1, 2026. Complete 2026 NATA Symposia Refund Policy Information can be found at convention.nata.org.



The BOC Approved Provider Name is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

PROGRAM FACULTY AND CREDENTIALS

Kate Jochimsen
PhD, ATC

CONTACT HOURS
(CEUS THAT WILL BE MADE
AVAILABLE)
1.0 CEUs

FEE(S)

Must be purchased as a package

\$499 for Professional Members
\$849 for Nonmembers
\$349 Certified Student Member
\$99 Student Member (no CEUs)
\$0 Retired Certified, Licensed or Honorary



1620 Valwood Parkway
Suite 115
Carrollton, TX 75006
214-637-6282

www.nata.org | educate.nata.org