9:00 Registration Opens (sign in, goody bags, info booths, research sign-ups)

10:00 – 10:10 Welcome and Introduction

10:15 – 10:45 Back Pain and the Brain
Sean Mackey, MD, PhD; Chief, Division of Pain Medicine, Stanford University

11:00 – 11:25 Pain Psychology: Opening the Medicine Box in Your Mind
Beth Darnall, PhD; Clinical Associate Professor, Division of Pain Medicine, Stanford University

Heather Poupore-King, PhD; Clinical Assistant Professor; Division of Pain Medicine, Stanford University

12:00 – 12:25 Physical Therapy for Back Pain
Corinne Cooley, DPT; Stanford Pain Management Center

[12:25 Pain Research Plug by Dr. Mackey; GIVEAWAYS]

12:30 -1:30pm LUNCH BREAK / BOOTHs / RESEARCH SIGN-UP

Prepared Content displayed for live-stream audience

1:30 – 1:55 Feldenkrais for Back Pain
Deborah Bowes DPT, GCFT, Physical Therapist, Feldenkrais Practitioner, Stanford Coordinated Care

2:00 – 2:25 The Connection Between Sleep and Back Pain
Rafael Pelayo, MD; Clinical Professor, Sleep Medicine Center

2:30 – 2:55 Acupuncture for Back Pain
Jiang-Ti Kong, MD; Assistant Professor, Division of Pain Medicine

GIVEAWAYS

3:00 – 3:25 Medications & Back Pain
Dr. Ming-Chih Kao; Associate Director of Clinic Operations, Stanford Pain Management Center

3:30 – 3:55 Mindfulness Based Stress Reduction & Back Pain
Mark Neenan, M.Ed., Certified MBSR Instructor

3:55 CLOSING REMARKS

4:00 END EVENT