Reconciling Biomechanics with Pain Science

Instructed by Dr. Greg Lehman, BKin, MSc, DC, MScPT

Registration Deadline: April 17, 2026

Date:	Course begins the first week of May, with an official launch date May 1, 2026
Location:	Self-paced, **13.5-hour online course** delivered via the Thinkific platform, plus **one (1) hour live virtual Q&A session** on Zoom for every ten (10) participants enrolled.
Fee:	**$300** (ANBMT Member) **$400** (Non-Member) *If you were to enroll in this course directly through the instructor, the course fee is $350 USD (approx. $480 CAD) (PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs:	**13.5 hours + live virtual session, Tuesday, November 3, 2026 (6pm AST)** ***Student members are eligible to take this certification.**

***Important Disclaimer: The course must be completed by November 3, 2026, prior to the scheduled live virtual Q&A session at 6pm AST.**

Course Details

- Lifetime access to all lecture content
- Comprehensive PDF lecture notes
- Access to curated online research paper folders
- PDF copy of the *Recovery Strategies Workbook*
- One (1) hour live virtual Q&A session for every ten (10) participants enrolled: **November 3, 2026, at 6pm AST**
- **Dr. Lehman will provide registrants with login information prior to the course launch date on May 1, 2026.**

Brief Course Description

This is a self-paced, 13.5-hour online course offered through the Thinkific™ platform.

Significant research in the pain neurosciences and biomechanics field often appears to undermine the reasoning and justifications for many of the traditional therapeutic approaches and techniques of the many rehabilitation professions. By addressing both the weaknesses and strengths of the biomechanical approach we can see that treatment can be much simpler, congruent with the cognitive, neuroscience approach and best evidenced based practice.

This course provides a framework to utilize an alternative biomechanical approach that blends neuroscience pain education. This course teaches the therapist how to teach patients about pain science in a treatment framework that still utilizes specific/corrective exercise and manual therapy. Therapists are taught a model of treatment that **simplifies** the assessment process and the treatment.

Learning Style

This course is a mix of a discussion-based lecture, case studies and practical components. The practical components are used with the case studies to "feel" the interventions. However, there are no "specific" techniques. Rather, the point is to show that the framework helps the therapist use their own techniques but in a different way. Further, we can then share "techniques" from all participants in the class. Exercises are demonstrated and time is given to practice these exercises.

When exploring how Key Messages relate to pain and changing behaviour the practical component helps the therapist use their own experiences and "stories" to fit with the Key Messages of pain and behaviour change.

Objectives

- Provide assessment techniques to aid in diagnosis and management of common musculoskeletal complaints
- Demonstrate how biomechanical treatments and explanations can address the multidimensional nature of pain
- Demonstrate how cognitive restructuring and goal setting of meaningful activities can be used alongside mechanical treatments to address the multidimensional nature of pain
- Provide and teach exercise prescription that is informed by biomechanics and therapeutic neuroscience
- Explain the "pain science" behind common clinical problems and learn methods of applying therapeutic neuroscience education
- Identify and use their current movement-based skills within a graded exposure and graded activity paradigm

Lectures

Module 1: Course Introduction and Clinical Decision Making (1 hour and 15 minutes)

- A review of the multidimensional nature of pain will occur
- Clinical questions and themes are posed to help find common threads for rehabilitation

Module 2: Treatment Fundamentals Lecture (60 minutes)

- An alternative to the kinesiopathological model of treatment is produced
- A case for simplicity is made
- Clinical reasoning for safety, potential red flags and contraindications to a biopsychosocial approach
- A simplified framework to incorporate both biomechanical treatments with psychosocial treatments is outlined

Module 3: Reframing the Kinesiopathological Model (50 minutes)

- an exploration of the utility and limitations of the biomechanical model in pain and injury management
- introduction to how the current biomedical model can be simplified and modified to be consistent with the best evidence of both pain science and biomechanical science
- Exploration of the role of posture on pain

Module 4: Targets of Exercise Prescription (1 hour and 10 minutes)

- A biopsychosocial approach to exercise and movement prescription is introduced
- Case studies are used to explore common and potential mechanisms of therapy
- An in-depth review of exercise prescription and potential targets of knee osteoarthritis is explored

Module 5: Exercise Prescription Dosage and Variables (1 hour)

- A review of the details of exercise prescription
- Repetitions, sets, volume, intensity goals for common targets of exercise
- Topics will include strength, hypertrophy, power, analgesia, habituation, range of motion

Module 6: The comprehensive capacity model and the targets of exercise prescription. (1 hour and 45 minutes)

- A simplified approach to exercise prescription is shown
- The importance of comprehensive capacity and movement options is highlighted and illustrated when it is necessary
- an evidence-based approach to understanding pain and rehabilitating common conditions
- an approach to understand the assessment of sensitivity in exercise prescription
- demonstrations of the exercise interventions
- case study autopsies are performed illustration common themes behind various treatment approaches and how a simplified intervention can be effective
- A review of common themes in tendinopathy and how that research can guide much clinical practice

Module 7: Symptom Modification Model of Injury/Pain Management (2 hours and 20 minutes)

- the comprehensive capacity and graded exposure approach to injury and pain treatment will be detailed
- students will learn a framework and simplified clinical reasoning tool to help guide therapy
- Symptom modification as clinical reasoning to guide interventions as demonstrated through case studies

- Special topics include Graded Exposure, working with painful exercises, movement modifications and graded activity.
- active and passive approaches to the symptom modification interventions and how these manual therapy approaches are supported by exercise interventions will be taught.

Module 8: Special topics in reconciling biomechanics (1 hour and 5 minutes)

- Re-evaluating the role of spine stability in low back pain
- Questioning the role of knee valgus in knee cap related pain

Module 9: When biomechanics matters (40 minutes)

- Re-evaluating the role of spine flexion as an independent risk factor for low back pain
- A framework for when movement quality and biomechanics are important for pain and injury via the research behind ACL injury and rehabilitation is proposed
- The importance of habit interruption as a rationale for changing movement quality

Module 10: Key Messages of Recovery and Pain Science (1 hour and 40 minutes)

- Pain science primer
- Identifying potential false beliefs that might influence pain and disability
- How to deliver Key Messages that are chosen by false beliefs
- Interviewing techniques are illustrated to help change opinions and ultimately change behaviour
- case studies are presented by the class and solved with facilitation from the instructor and the group
- a reconceptualization of common clinical tests is demonstrated to show that much of our current testing can be modified to still be useful
- Specific examples demonstrating how to begin meaningful treatment “when everything hurts” and all manual therapy and exercise therapy has failed

Live Virtual Session–One (1) hour for every ten (10) participants:

- Live virtual Q&A **scheduled, November 3, 2026, at 6pm AST** on Zoom.
- The instructors will discuss the content covered in the self-paced module.
- The instructors answer questions submitted by registrants.
- The session will be recorded for all registrants that are unable to attend.

About the Instructor

Dr. Greg Lehman is a physiotherapist, chiropractor, and strength and conditioning specialist with over 20 years of experience in rehabilitation, education, and research. He specializes in the assessment and treatment of musculoskeletal disorders using a biopsychosocial approach that integrates biomechanics, pain science, and exercise therapy.

Greg holds an undergraduate degree in Kinesiology, a Master of Science in Spine Biomechanics, a Doctor of Chiropractic degree, and a Master of Science in Physiotherapy from Queen’s University. His academic achievements include receiving a prestigious Natural Sciences and Engineering Research Council (NSERC) graduate scholarship to study at the University of Waterloo’s Occupational Biomechanics Laboratory, where he conducted research under internationally recognized spine biomechanics experts.

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☐ ***I have read the disclaimer above and understand that the course must be completed by November 3, 2026 (before the start of the live virtual Q&A session at 6pm AST).**

Prior to the course launch on May 1, you will receive an email will your login credentials and access instructions.

(Please print clearly)

Name: _____ RMT #: _____

Address:_____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member ☐ Student Member ☐ Non-Member ☐ Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: ☐ Cheque ☐ Money order ☐ E-transfer Email: anbmt@anbmt.ca

☐ Credit Card ***Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.**

***No refunds will be issued after the registration deadline has passed.**