MIDWEST PAIN SOCIETY

MIDWEST PAIN SOCIETY
Education • Advocacy • Research

50TH SCIENTIFIC MEETING
DECEMBER 4–5, 2026
PRENTICE WOMEN'S HOSPITAL
NORTHWESTERN MEDICINE
CHICAGO, ILLINOIS

ANNUAL 50TH SCIENTIFIC MEETING

ADVANCEMENTS IN CHRONIC PAIN TREATMENT

PAIN ACROSS THE LIFESPAN

CONFERENCE OBJECTIVES

1. Apply current evidence and clinical guidelines to improve pain assessment and management.
2. Incorporate multidisciplinary treatment strategies into individualized patient care.
3. Improve collaboration among healthcare professionals involved in pain management.
4. Optimize pharmacologic and nonpharmacologic therapies while minimizing treatment-related risks.
5. Recognize special considerations in pediatric, geriatric, pelvic pain, headache, and functional pain populations.
6. Implement quality improvement principles and patient education strategies that enhance patient understanding and adherence.
7. Integrate emerging research and contemporary therapeutic approaches into clinical practice to improve patient outcomes.

WHO SHOULD ATTEND

All health care professionals involved in assessment, treatment, and/or research in the area of pain, including those working in alternative /complementary disciplines.Primary care professionals are strongly encouraged to attend, as pain is one of the most common reasons patients seek medical attention.

PROGRAM HIGHLIGHTS

- The latest information on today's most important pain care topics
- Sessions for both clinicians and researchers
- Interdisciplinary faculty and panel discussions
- Opportunities for networking and collaboration
- Poster presentations
- Continuing Education credit available to physicians, pharmacists, nurses, physical therapists, social workers and psychologists
- Problem Based Learning Discussions

SERVING YOU AND OUR REGION

The Midwest Pain Society is devoted to advancing pain-related research, education, treatment, and professional practice in the Midwestern States of: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. Physicians, psychologists, nurses, pharmacists, physical therapists, social workers, and any other health professionals interested in pain care are welcome.

MPS CONFERENCE SCHEDULE

Friday *December 4, 2026*

8:00 am — **Registration and Breakfast**

8:45 am — **President's Welcome**

SESSION ONE

COMPLEX PAIN, TARGETED CARE: PELVIC HEALTH AND MIGRAINE MANAGEMENT

Moderator: Ann Marie Flores, PT, MSPT, MA, PhD, CLT, FAPTA

9:00 am — **Pelvic Floor Physical Therapy in the Management of Chronic Pelvic Pain**
Lauren Habig, DPT

9:45 am — **The Modern Migraine Toolkit: Diagnosis, Treatment, and Prevention Management**
Minali Nigam, MD

10:30 am — **Break**

SESSION TWO

OPTIMIZING PAIN CARE: AGE-SENSITIVE TREATMENT AND MEDICATION STEWARDSHIP

Moderator: Sarah Rasmussen, DNP

10:45 am — **Pain Management Through the Geriatrics Lens: Special Considerations in Older Adults**
Katherine Thompson, MD

11:30 am — **Where Are We Now with Pain Medication Prescribing?**
William Peppard, PharmD

12:15 pm — **Lunch**

12:30 pm — **Problem-Based Learning Discussions (PBLD)** — *Separate Registration Required*

PBLD 1: Nurse Care Manager Support in a Collaborative Pain Navigation Program — *Libby Harris, BSN, RN*

PBLD 2: Modernizing Biofeedback: Accessible, Efficient, and Engaging — *Lindsay G. Flegge, PhD, HSPP*

PROBLEM BASED LEARNING DISCUSSIONS

$45

December 4, 2026
12:30 pm to 1:30 pm

1. Nurse Care Manager Support in a Collaborative Pain Navigation Program — Libby Harris, BSN, RN
2. Modernizing Biofeedback: Accessible, Efficient, and Engaging — Lindsay Flegge, PhD

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SESSION THREE

DISTINCT POPULATIONS, SHARED CHALLENGES: PEDIATRIC AND AXIAL PAIN MANAGEMENT

Moderator: Matthew Moynihan, DO

1:30 pm	**Pediatric Pain Medicine** *Amber Borucki, MD*
2:15 pm	**Contemporary Targets for Axial Low Back Pain** *Boss Povieng, MD*
3:00 pm	**Break**
3:15 pm	**Vendors & Poster Session**

SESSION FOUR

KEYNOTE SPEAKER BEYOND THE HORIZON: THE NEXT ERA OF PAIN RESEARCH

Moderator: Matthew Moynihan, DO

4:15 pm	**Advances in Pain Research** *Stephani Sutherland, PhD*
5:00 pm	**Networking/Social Hour**
6:00 pm	**Dismissal**

Saturday December 5, 2026

8:00 am	**Business Meeting & Breakfast — All Welcome**

SESSION FIVE

FROM SYMPTOMS TO SOLUTIONS: DEMYSTIFYING FUNCTIONAL AND PSYCHOSOCIAL PAIN CARE

Moderator: Lindsay G. Flegge, PhD, HSPP

8:30 am	**Understanding and Treating Somatic & Functional Neurological Disorders** *Michael Bushey, MD, PhD*
9:15 am	**How Do Psychosocial Pain Treatments Actually Work? Moving Beyond Snake Oil** *John Burns, PhD*
10:00 am	**Break**



SESSION
SIX

BETTER INFORMED, BETTER COORDINATED: ADVANCING COLLABORATIVE PAIN CARE

Moderator: Nancy Beckman, PhD

10:15 am

Debra Gordon Award

The Impact of Electronic Pre-Procedure Instructions on Pain Patient Understanding and Knowledge of the Instructions: A Quality Improvement Project

Sarah Rasmussen, DNP



11:00 am

Dr. Richard Blonsky Award

Collaborative Care in Pain Management

Matthew Bair, MD

11:45 am Wrap Up

12:00 pm Dismissal

This course content is not intended for use by any participants outside the scope of their license or regulation.

SCIENTIFIC PLANNING COMMITTEE

Nancy Beckman, PhD, *SPC Co-Chair,* Associate Professor of Psychiatry and Behavioral Neuroscience, Adult Clinical Psychologist, University of Chicago Medicine, Chicago, IL

Lindsay G. Flegge, MSW, PhD, HSPP, Assistant Professor of Clinical Psychiatry, Indiana University School of Medicine, Indianapolis, IN

Ann Marie Flores, PT, MSPT, MA, PhD, CLT, FAPTA, Associate Professor, Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie, Comprehensive Cancer Center of Northwestern University; Department of Physical Therapy and Human Movement Sciences, Department of Medical Social Sciences, Feinberg School of Medicine, Northwestern University, Chicago, IL

Zahra Khudeira, PharmD, MA, BCPS, CPPS, PMP, Pharmacist, Mount Sinai Hospital, Chicago, IL

Matthew Moynihan, DO, *SPC Co-Chair,* Assistant Clinical Professor, of Anesthesia and Pain Medicine, University of Illinois at Chicago, Chicago, IL

Sarah Rasmussen, DNP, MSN, BS, RN, Nurse Associate, Pediatric Allergy & Immunology, formerly Pain Management, The University of Chicago Medicine, Chicago, IL

Antoinette Spector, PT, DPT, PhD, Assistant Professor, Director, DPT/MPH Dual Degree Program; Physical Therapy and Human Movement Sciences, Northwestern University Feinberg School of Medicine, Chicago, IL

2026 STUDENT LIAISON:

Tarun Yandamuri, BS, MS4, University of Illinois at Chicago College of Medicine, Chicago, IL







MPS FACULTY

Matthew J. Bair, MD, Professor of Medicine, Director, VA Health Systems Research Center for Health Information and Communication, Research Scientist, Indiana University Center for Health Services and Outcomes Research, Regenstrief Institute, Indianapolis, IN

Amber Borucki, MD, Clinical Associate Professor of Anesthesiology; Director, Pediatric Pain Education, Stanford University, Perioperative and Pain Management; Board of Directors, Society for Pediatric Pain Medicine; Chair, Society for Pediatric Pain Medicine Annual Meeting 2025

John W. Burns, PhD, The Cynthia Oudejans Harris, MD, Professor of Psychiatry, Department of Psychiatry and Behavioral Sciences, Division of Behavioral Sciences, Rush University, Chicago, IL

Michael A. Bushey, MD, PhD, Psychiatrist, Assistant Professor of Psychiatry, Indiana University, Indianapolis, IN, Director, Indiana University Health (IUH) Somatic Disorders Clinic, Medical Director, IUH Pain Rehabilitation Program, Medical Director, IUH Goodman Hall Adult Psychiatry Outpatient Clinic, Vice Chair of Education, IU Department of Psychiatry, Indianapolis, IN

Ann Marie Flores, PT, MSPT, MA, PhD, Certified Lymphedema Therapist, Associate Professor, Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie, Comprehensive Cancer Center of Northwestern University; Department of Physical Therapy and Human Movement Sciences, Department of Medical Social Sciences, Feinberg School of Medicine, Northwestern University, Chicago, IL

Lauren M. Habig, PT, DPT, Team Lead Physical Therapist, Indiana University Health, Indianapolis, IN

Matthew Moynihan, DO, SPC Co-Chair, Assistant Clinical Professor, of Anesthesia and Pain Medicine, University of Illinois, at Chicago, Chicago, IL

Minali Nigam, MD, Headache Neurologist. Northwestern University, Chicago, IL

William J. Peppard, PharmD, FCCM, Pain Stewardship Coordinator; Pharmacy Research and Scholarship Coordinator; Associate Professor, Department of Surgery, Division of Trauma & Critical Care, Froedtert Hospital, Milwaukee, WI

Boss Povieng, MD, Physiatrist and Interventional Pain Physician, Interim Chair, Department of Pain Management, Insight Medical Center, Chicago, IL

Sarah Rasmussen, DNP, RN, Nurse Associate, Pediatric Allergy & Immunology, UChicago Medicine Comer Children's Hospital, Chicago, IL

Stephani Sutherland, PhD, Neuroscientist and Science Journalist; Communications Director, Acute to Chronic Pain Signatures (A2CPS) Consortium; Johns Hopkins University Bloomberg School of Public Health, Claremont, CA

Katherine Thompson, MD, Professor of Medicine, Section of Geriatrics & Palliative Medicine, University of Chicago, Chicago, IL













CONFERENCE VENUE

Northwestern Medicine Prentice Women's Hospital, at 250 East Superior Street in Chicago, is the site of the 50th Scientific Meeting of the Midwest Pain Society. This stunning facility has become a model for health care center design, with hundreds of tour groups visiting annually.

All conference facilities are fully accessible for those with disabilities.

Only blocks away, Chicago's Magnificent Mile and the Lake Michigan shoreline are home to magnificent museums, breathtaking architecture, world-class dining opportunities, professional sporting events, and superb shopping, plus over 100 theaters and performing venues. Join us for an exciting visit, both during and after the conference!

HOTEL ACCOMODATIONS

Several hotels are in the vicinity of Northwestern Hospital. The following are some recommendations: Hyatt Centric Chicago Magnificent Mile, Ivy Hotel, Aloft Chicago Mag Mile, and Hotel EMC2 Autograph Collection.

POSTERS

We are accepting poster abstracts for presentation at the annual meeting. Posters will be displayed for viewing during lunch and breaks on **December 4**. Abstracts are due by **October 30, 2026**. Check the MPS website for details and online submission.

Cancellations before **November 4, 2026** will be accepted, minus a $30 processing fee. No refunds will be given after **November 5, 2026**. Email us at **midwestpainsociety.org** if you need to cancel.

LECTURE MATERIALS

In place of printed handouts. Lecture materials and slides will be available for download and printout at **midwestpainsociety.org** prior to the meeting.

CANCELLATION POLICY

Cancellations before **November 4, 2026** will be accepted, minus a $30 processing fee. No refunds will be given after **November 5, 2026**. Email us at **midwestpainsociety.org** if you need to cancel.

PROGRAM CHANGES

The Midwest Pain Society (MPS) reserves the right to substitute faculty or to cancel or reschedule courses due to low enrollment or other unforeseen circumstances. If MPS must cancel, registrants will receive full credit and refunds of their paid registration fees. MPS will make no refunds for lodging, airfare, or other expenses related to the meeting.

DEDUCTIBILITY OF EXPENSES

Please consult your tax advisor for information regarding the deductibility of registration and/or membership fees.

DISCLAIMER

The material presented in this meeting represents the opinions of the speakers and not necessarily the views of the Midwest Pain Society.

FIND US ON THE WEB

For meeting information and newsletters, please visit **midwestpainsociety.org**

JOINT PROVIDERSHIP STATEMENT

In support of improving patient care, this activity has been planned and implemented by RUSH University Medical Center and Midwest Pain Society. RUSH University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

RUSH

JOINTLY ACCREDITED PROVIDER™
WITH COMMENDATION
INTERPROFESSIONAL CONTINUING EDUCATION

CREDIT DESIGNATION STATEMENTS

For Medicine:
Rush University Medical Center designates this live activity for a maximum of **9.25** *AMA PRA Category 1 Credit(s)™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

For Nursing:
Rush University Medical Center designates this live activity for a maximum of **9.25** nursing contact hour(s).

For Pharmacy:
Rush University Medical Center designates this knowledge-based activity for a maximum of **9.25** credits contact hour(s) for pharmacists.

For Physical Therapists:
The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association.

For Psychologists:
Rush University Medical Center designates this live activity for **9.25** CE credits in psychology. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

For Social Work:
As a Jointly Accredited Organization, RUSH University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for Continuing Education credit. Social workers completing this course receive **9.25** general Continuing Education credits

ONLINE REGISTRATION ONLY

Visit **midwestpainsociety.org** and click on the **"Register Here!"** on the home page located under the MPS 50th Scientific Session.

MEMBERSHIP DUES	
MPS Doctoral Member*	$100
MPS Other Member	$75
Resident/Fellow	$25
Student	FREE
Approved Legacy Member (Over Age 65)	FREE

**Doctoral level fees apply to: physicians, dentists, chiropractors, & psychologists.*

FULL REGISTRATION FEES	PRIOR TO 11/4/26	AFTER 11/4/26
MPS Member *(doctoral level)*	$375	$450
MPS Member *(other health care professional)*	$225	$325
MPS Member student *(Resident/fellow)*	$115	$150
Nonmember *(doctoral level)*	$475	$550
Nonmember *(other health care professional)*	$325	$400
Nonmember fellow	$150	$200

ONE DAY REGISTRATION FRIDAY ONLY	PRIOR TO 11/4/26	AFTER 11/4/26
MPS Member *(doctoral level)*	$285	$340
MPS Member *(other health care professional)*	$170	$245
MPS Member student *(Resident/fellow)*	$90	$115
Nonmember *(doctoral level)*	$360	$415
Nonmember *(other health care professional)*	$245	$300
Nonmember fellow	$115	$150

ONE DAY REGISTRATION SATURDAY ONLY	PRIOR TO 11/4/26	AFTER 11/4/26
MPS Member *(doctoral level)*	$95	$115
MPS Member *(other health care professional)*	$60	$85
MPS Member student *(Resident/fellow)*	$30	$40
Nonmember *(doctoral level)*	$120	$140
Nonmember *(other health care professional)*	$85	$100
Nonmember fellow	$40	$50

Early Registration ends
Nov 4, 2026

For any questions,
please email us at
info@midwestpainsociety.org

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