

2024 Pain Care Skills Training

Massage Therapy for Pain Workshop

Presented by: Abigail Simpson-Payne, LMT & Brandi Neuman, LMT

Offered: 21 AUGUST 2024 AM 0730-1130

Location: NIH Natcher Center, Room C

Description: Pain has many different ways to be treated with massage therapy, and with this course providers will get an understanding of how massage can be a powerful tool in treating chronic pain. This course will describe massage as a clinical modality, assessment, how massage is applicable in acute and chronic conditions related to pain, different approaches to indicate and prescribe massage in the clinic, treatment scenarios, and discuss & demonstrate appropriate treatments. Please attend class in yoga type cloths since we will be doing demonstration in the class.

Learning Objectives:

- 1) Describe & discuss indications and contraindications for massage in a clinical setting, and the effects on the body.
- 2) Describe & discuss massage modalities for acute and chronic pain, and which modalities are best indicated
- 3) How does massage compare with other treatments offered in a clinical environment?
- 4) Overview of common chronic conditions where massage is best indicated, and sample protocols for each condition.
- 5) Discuss & demonstrate a treatment for chronic pain from different massage providers.

21 August 2024 AM

0730-0830 Present current evidence related to common chronic pain and massage

- I. Evidence related to chronic pain
- II. Psychologically informed applications
- III. Relationship of massage and chronic pain
- IV.

0830-0930 Discussing massage practices with patients

- I. Education strategies for informing patients
- II. Review materials for patients and practitioners
- III. Understanding the different types of mindful movement
- IV. Provider applications of massage and massage techniques outside of the clinical setting

0930-0945 ----- BREAK-----

0945-1130 Reviewing Hands On approach to specific

- I. Demonstrating and practicing with instrument assisted massage
- II. Demonstrating and practicing region specific massage