

2024 Pain Care Skills Training

Massage Therapy for Pain

Presented by: Abigail Simpson LMT & Brandi Neuman LMT
Offered: August 15, 2024, 1300-1600 EDT/1100-1400MT/1000-1300PT
Via ZoomGov

Course 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.

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 dose massage compares 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.

Agenda:

1300-1430	Overview of massage in a clinical environment
1430 -1445	----- BREAK-----
1445-1600	Demonstrate massage techniques for providers to use to help with pain