

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Massage Therapy for Pain Workshop

Presented by: Abigail Simpson-Payne, LMT & Emilia G. Valenzuela

Offered: 20 August 2025, 1230–1630 PM ET

Location: Partnership for Public Service, 6th Floor – Room 606

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.

20 August 1230-1630 PM ET

1230-1330 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

1330-1430 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

1430-1445 ----- BREAK -----

1445-1630 Reviewing hands on approach to specific massage

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