

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Massage Therapy for Pain

Presented by: Abigail Simpson-Payne, LMT & Matthew Morrison, LMT

Offered: 19 August 2026; 0730-1130 AM ET

Location: National Union Building, Washington, DC

Description: In this workshop providers will get an understanding of how massage can be a powerful tool in treating acute and 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 clothes since we will be doing demonstration in the class.

Learning Objectives: Upon completion of this workshop, participants will be able to:

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.

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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

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