

## Alternative Resources for Chronic Pain Patients: Family Health Center Worcester

### Acupuncture:

- **At Family Health Center of Worcester**  
(for our patients only)  
Melissa Rathmell  
Margo Kaplan-Gill
  - **Jeff Satnick**  
183 Sterling Rd, Princeton, MA 01541  
(978) 464-5790
  - **Acuhealth of Worcester**, Ellen O'Rourke  
390 Main St, Suite 509, Worcester, MA 01608  
Phone: (508) 754-9287
  - **Acupuncture Associates of Worcester**  
Tamilio-Awed, Kathleen  
465 Park Ave, Worcester, MA 01610  
Phone: (508) 754-0211
  - **The Acupuncture Center**  
82 Park Ave, Worcester, MA 01609  
Phone: (508) 363-3490
  - **Acupuncture of Worcester** – Yvonne Chen  
5 Linden St, Worcester, MA 01609  
Phone: (508) 755-5557
  - **Acupuncture Office** of Serra May Plourde  
232 Chandler Street, Worcester MA 01609  
Phone: (508) 792-6566  
OR 672 Main St, Suite 3, Holden, MA  
Phone: (508) 829-8878  
URL: <http://www.serramayplourde.com>
  - **Acupuncture Referral Service**  
465 Park Ave, Worcester, MA 01610  
Phone: (508) 798-0638
  - **River Valley Acupuncture**  
[www.riveracupuncture.com](http://www.riveracupuncture.com)  
65 James St, Worcester - (508) 890-8899
- ### Chiropractics:
- **Back to Health Chiropractic**, P.C.  
Cheryl Houston, RN, PC  
82 Park Avenue, Worcester, MA  
508.752.7521  
Accepts Mass Health and NHP plans that include

chiropractic, Fallon, HP, BCBS, United, Cigna.)  
Individual payer: \$125 for first appointment, \$45  
for subsequent treatments. Medicare does not  
cover first appointment.

- **Highland Chiropractic Family Care**  
Arlene and Ian Simpson  
210 Highland St, Worcester, MA  
508-755-5016

### Massage:

- **Bancroft School of Massage**  
333 Shrewsbury St., Worcester, MA 01604  
(508) 757-7923 Student clinic: \$35/hour  
Professional clinic: \$30/half hour; \$60/hour
- **Personal Touch Medical Massage**  
1078 West Boylston St, Worc, (508) 595-0166
- **Just Be. Therapeutic Massage**  
108 June Street, Worcester, MA 01602  
774-242-6045

### Physical therapy:

- **UMass Memorial Health Care Rehab Services**  
Sally (Sara) Pelak ♥(508) 334-8700  
Focus on fibromyalgia, core exercise for the back  
and aquatic therapy, pelvic pain
- **South County Physical Therapy**  
<http://www.southcountyppt.com/>  
319A Southbridge St, Auburn 508-832-2628♥  
154 E Main St, Westborough 508-366-7899  
102 Shore Drive, Worcester 508-854-4140
- **All-Access Physical Therapy♥**  
<http://www.allaccesspt.com/>  
904C Boston Tpk, Rte 9E, Shrews 508-845-3500
- **Greendale PT & Sports Chiropractic**  
Greendale Mall♥, also White City, Shrewsbury  
[www.greendalept.com](http://www.greendalept.com), 508-459-5000
- **Integrated Physical Therapy**-Beth Borsheldt♥  
71 Central St West Boylston;  
508-835-9241; don't take insurance

### Yoga:

- **Amethyst Point Holistic Center**  
[www.amethystpoint.com](http://www.amethystpoint.com)  
232 Chandler St # B, Worcester  
(508) 753-3975
  - **Sunbird Yoga Studio**  
126 June Street, Worcester -  
(508) 756-5813  
[www.sunbirdyoga.com](http://www.sunbirdyoga.com)
  - **Flowforms Yoga**  
195 Lake Ave, Worcester, MA 01604  
(508) 752-4700  
[www.flowformsyoga.com](http://www.flowformsyoga.com)  
Gentle yoga: Drop-in classes are \$16 for 1 hour  
Intro to Meditation: 4 weeks for \$40
  - **Wellness Works & Kripalu Yoga** Worcester  
Worcester Senior Center  
128 Providence Street, Box 2, Worcester, MA  
01604  
Phone: 508 798-7836  
[www.wvyoga.com](http://www.wvyoga.com)  
Drop-in: \$14 for 75 minutes  
6-class package: \$75  
10-class package: \$120  
15-week course with registration: \$150
  - **Central Mass Yoga Institute**  
Therapeutic/Beginner, Gentle  
Yoga Warriors (for veterans with PTSD)  
45 Sterling St. #28, West Boylston, MA 01583  
<http://www.centralmassyoga.com>  
Drop-in: \$17, 5-class package: \$70,  
10-class package: \$135
- ### Other:
- Mindfulness and conscious living:  
**Center for Mindfulness in Medicine, Health  
Care and Society, Stress Reduction Program**  
UMass Medical School - Shaw Building  
55 Lake Avenue North, Worcester, MA 01655  
508-856-2656 Targeted at:  
Management of chronic pain and illness  
Eight-week course, Sliding scale

## Cognitive Behavioral Therapy

Cognitive Behavioral Therapy	<p><u>Family Health Center Worcester, 3rd Floor Social Services</u>          10 mental health clinicians, all with preparation in Cognitive Behavioral Therapy. We work mostly with persons who have experienced trauma, which often manifests itself in chronic physical pain. Counselors understand that the pain is very real and may help persons work through some of the underlying sources.</p>	<p>I would suggest that providers initiate a discussion about the option of therapy, especially when tests and exams may indicate no physical source of the pain (accident, injury, illness).</p>
Cognitive Behavioral Therapy	<p><u>UMass Memorial Health Care Dept. of Psychiatry</u>  <b>Living Well with Chronic Illnesses</b>  <b>Referrals may be sent by phone or email to:</b>          Elizabeth Austin, PsyD          Health Psychologist, Dept. of Psychiatry  <a href="mailto:austine@ummh.org">austine@ummh.org</a>, 508-856-2409</p> <p>This psycho-educational, CBT-oriented group is appropriate for patients with chronic medical conditions that confer a high disease management demand on the part of the patient (ex. Diabetes, Heart Disease, Arthritis, COPD). Patients may also be experiencing challenges in physical, occupational or relational domains as a result of their illness that contribute to medical non-adherence.</p> <p><i>In this program, patients will learn to:</i></p> <ul style="list-style-type: none"> <li>• Understand the difference between medical treatment and self-management</li> <li>• Learn strategies to facilitate adaptive functioning such as:             <ul style="list-style-type: none"> <li>▪ Benefits of incorporating exercise, good nutrition and health habits into their management plan</li> <li>▪ Overcoming non-adherence to medical management goals</li> </ul> </li> <li>• Develop a personal “wellness plan” to enhance adaptive functioning</li> </ul>	<p>Meetings will be held for six weeks. Patients should be informed that they will be scheduled for a brief meeting with Dr. Austin prior to beginning the group. Screening occurs on a continual basis and groups will run when the census fills. We expect to offer this program on an ongoing basis.</p> <p><i>Patients must be:</i></p> <ul style="list-style-type: none"> <li>• Psychiatrically stable (not in crisis)</li> <li>• Able to tolerate and function appropriately in a group setting</li> <li>• Able to participate in imagery or hypnosis (this may r/o severe PTSD/trauma, active psychosis – case will be reviewed on an individual basis)</li> <li>• Motivated to improve their disease management activities</li> </ul>
Cognitive Behavioral Therapy	<p><u>UMass Memorial Health Care Dept of Psychiatry - Managing Chronic Pain</u>  <b>Referrals may be sent by phone or email to:</b>          Elizabeth Austin, PsyD          Health Psychologist, Dept. of Psychiatry  <a href="mailto:austine@ummh.org">austine@ummh.org</a>, 508-856-2409</p> <p>This psycho-educational, CBT-oriented group is appropriate for patients with chronic pain conditions that are stable, and where pain represents a significant problem for the patient in terms of adaptive functioning in physical, occupational or relational domains.</p> <p><i>In this program, patients will learn to:</i></p> <ul style="list-style-type: none"> <li>• Understand the difference between medical treatment and self-management in chronic pain</li> <li>• Identify triggers for pain exacerbation</li> <li>• Identify conditions associated with pain reduction</li> <li>• Learn non-pharmacological strategies to lessen the intensity of pain perception such as:             <ul style="list-style-type: none"> <li>○ Activity pacing , Relaxation strategies (to include guided imagery)</li> <li>○ Self-hypnosis (when appropriate), Cognitive restructuring</li> </ul> </li> <li>• Understand the role and function of pain medication</li> <li>• Develop a plan to address pain exacerbation</li> <li>• Develop a personal “wellness plan” to enhance adaptive functioning</li> </ul>	<p>Meetings will be held on Thursday mornings, from 10-11:30, for six weeks. Patients should be informed that they will be scheduled for a brief meeting with Dr. Austin prior to beginning the group. Screening occurs on a rolling basis, and the group will run when the census is filled (min 12-15 registered). We expect to offer this program on an ongoing basis.</p> <p><i>Patients must be:</i></p> <ul style="list-style-type: none"> <li>• Psychiatrically stable</li> <li>• Able to tolerate and function appropriately in a group setting</li> <li>• Able to participate in imagery or hypnosis (this may r/o severe PTSD/trauma, active psychosis – case will be reviewed on an individual basis)</li> <li>• Receptive to non-medical, non-pharmacological pain intervention</li> </ul>

Pain Management

<p>Pain management</p>	<p>UMass Memorial: The specially trained physician members of this team provide diagnosis and treatment of a wide range of chronic pain problems, including posttrauma pain, spine pain, fibromyalgia, reflex sympathetic dystrophy, facial and myofascial pain, limb pain caused by diabetes neuropathy and cancer pain.</p> <p>Treatments offered include:</p> <ul style="list-style-type: none"> <li>• Augmentative nerve stimulation</li> <li>• Behavioral therapy, including exercise, physical therapy and behavior modification</li> <li>• Implantable drug delivery systems</li> <li>• Medication</li> <li>• Nerve blocks such as epidural steroids, facet joint injections and sympathetic blocks</li> <li>• Trigger point injections</li> </ul> <p>Patients can conveniently access necessary diagnostic testing through adjacent diagnostic and imaging facilities for x-ray, magnetic resonance imaging (MRI) and computed tomography (CT) scanning.</p>	<p><b>UMass Memorial Medical Group Pain Management Specialists.</b></p> <p><a href="#">Christian Gonzalez, MD</a>  <a href="#">Mark Kaplan, MD</a></p>
<p>Pain management</p>	<p>The Center for Pain Management at Marlborough Hospital offers comprehensive evaluation and treatment for patients who are dealing with chronic pain as a result of illness or injury. Common chronic pain problems treated include back pain, reflex sympathetic dystrophy, neck pain and a wide range of other conditions. The Center for Pain Management takes an interdisciplinary approach to helping patients find relief from pain, ensuring that the most appropriate and effective mix of resources is tailored to each patient's needs.</p> <p>There are a variety of treatment options available, including:</p> <ul style="list-style-type: none"> <li>• Epidural steroid injections</li> <li>• Nerve blocks for diagnosis and treatment</li> <li>• Psychological evaluation and treatment</li> <li>• Rehabilitative services</li> </ul> <p>When appropriate, the center suggests referral for evaluations by other specialists. Patients must be referred to the Center for Pain Management by their physician after initial diagnosis and treatment that has not relieved their pain. Insurance clearance must also be obtained before visits can be scheduled.</p>	<p>Marlborough Hospital Pain Management Specialist:</p> <p><a href="#">Donald Stevens, MD</a></p>