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**
  Tamilo-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) 792-0856
  OR 672 Main St, Suite 3, Holden, MA
  Phone: (508) 829-8878
  URL: [http://www.serramayplourde.com](http://www.serramayplourde.com)
- **River Valley Acupuncture**
  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**
  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**
  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 Borsheld**
  71 Central St West Boylston;
  508-835-9241; don't take insurance

**Yoga:**
- **Amethyst Point Holistic Center**
  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
  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.wwyoga.com](http://www.wwyoga.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](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](http://www.umassmed.edu/center-for-mindfulness/)
  UMass Medical School - Shaw Building
  55 Lake Avenue North, Shaw Building
  508-856-2656
  Targeted at:
  Management of chronic pain and illness
  Eight-week course, Sliding scale
<table>
<thead>
<tr>
<th>Cognitive Behavioral Therapy</th>
<th>Family Health Center Worcester, 3rd Floor Social Services</th>
<th>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).</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Cognitive Behavioral Therapy | UMass Memorial Health Care Dept. of Psychiatry  
Living Well with Chronic Illnesses  
**Referrals may be sent by phone or email to:**  
Elizabeth Austin, PsyD  
Health Psychologist, Dept. of Psychiatry  
austine@ummhc.org, 508-856-2409 | 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.  
**Patients must be:**  
- Psychiatrically stable (not in crisis)  
- Able to tolerate and function appropriately in a group setting  
- Able to participate in imagery or hypnosis (this may rule out severe PTSD/trauma, active psychosis – case will be reviewed on an individual basis)  
- Motivated to improve their disease management activities |
| UMass Memorial Health Care Dept. of Psychiatry  
Managing Chronic Pain  
**Referrals may be sent by phone or email to:**  
Elizabeth Austin, PsyD  
Health Psychologist, Dept. of Psychiatry  
austine@ummhc.org, 508-856-2409 | 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.  
**In this program, patients will learn to:**  
- Understand the difference between medical treatment and self-management  
- Learn strategies to facilitate adaptive functioning such as:  
  - Benefits of incorporating exercise, good nutrition and health habits into their management plan  
  - Overcoming non-adherence to medical management goals  
- Develop a personal “wellness plan” to enhance adaptive functioning |  
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.  
**In this program, patients will learn to:**  
- Understand the difference between medical treatment and self-management in chronic pain  
- Identify triggers for pain exacerbation  
- Identify conditions associated with pain reduction  
- Learn non-pharmacological strategies to lessen the intensity of pain perception such as:  
  - Activity pacing, Relaxation strategies (to include guided imagery)  
  - Self-hypnosis (when appropriate), Cognitive restructuring  
- Understand the role and function of pain medication  
- Develop a plan to address pain exacerbation  
- Develop a personal “wellness plan” to enhance adaptive functioning |
| Pain management | Pain management
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 myofacial pain, limb pain caused by diabetes neuropathy and cancer pain. Treatments offered include:
- Augmentative nerve stimulation
- Behavioral therapy, including exercise, physical therapy and behavior modification
- Implantable drug delivery systems
- Medication
- Nerve blocks such as epidural steroids, facet joint injections and sympathetic blocks
- Trigger point injections
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. | UMass Memorial Medical Group Pain Management Specialists.
Christian Gonzalez, MD
Mark Kaplan, MD |

| Pain management | Pain management
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. There are a variety of treatment options available, including:
- Epidural steroid injections
- Nerve blocks for diagnosis and treatment
- Psychological evaluation and treatment
- Rehabilitative services
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. | Marlborough Hospital Pain Management Specialist:
Donald Stevens, MD |