Alternative Resources for Chronic Pain Patients: Hahnemann Family Health Center

Acupuncture:
- 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) 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
  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, 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 Street , Worcester, MA
  01606
  Phone: (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 ♥
  Focus on fibromyalgia, core exercise for the back
  and aquatic therapy, pelvic pain
  (508) 334-8700
- South County Physical Therapy
  http://www.southcountypt.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, Shrewsbury 508-845-3500
- Greendale PT & Sports Chiropractic
  Greendale Mall♥, also White City, Shrewsbury
  www.greendalept.com
  508-459-5000

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
- 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 Senior Center
  128 Providence St, Box 2, Worcester, MA 01604
  Phone: 508 798-7836, www.wwvyoga.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 Ave N, Worc  508-856-2656 Targeted at:
  Management of chronic pain and illness:
<table>
<thead>
<tr>
<th>Cognitive Behavioral Therapy</th>
<th>UMass Memorial Health Care Dept. of Psychiatry - Managing Chronic Pain</th>
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<tbody>
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<td><strong>Cognitive Behavioral Therapy</strong></td>
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<td><strong>Living Well with Chronic Illnesses</strong></td>
<td><strong>Managing Chronic Pain</strong></td>
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<td><strong>Referrals may be sent by phone or email to:</strong></td>
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<tr>
<td>Elizabeth Austin, PsyD</td>
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<tr>
<td>Health Psychologist, Dept. of Psychiatry</td>
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<tr>
<td><a href="mailto:austine@ummhc.org">austine@ummhc.org</a>, 508-856-2409</td>
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<td>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.</td>
<td>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.</td>
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<td>In this program, patients will learn to:</td>
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<td>• Understand the difference between medical treatment and self-management</td>
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<td>• Learn strategies to facilitate adaptive functioning such as:</td>
<td>• Identify triggers for pain exacerbation</td>
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<td>▪ Benefits of incorporating exercise, good nutrition and health habits into their management plan</td>
<td>• Identify conditions associated with pain reduction</td>
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<td>▪ Overcoming non-adherence to medical management goals</td>
<td>• Learn non-pharmacological strategies to lessen the intensity of pain perception such as:</td>
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<td>• Develop a personal “wellness plan” to enhance adaptive functioning</td>
<td>o Activity pacing, Relaxation strategies (to include guided imagery)</td>
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<td>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.</td>
<td>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.</td>
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<td>Patients must be:</td>
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<tr>
<td>• Psychiatrically stable (not in crisis)</td>
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<td>• Able to tolerate and function appropriately in a group setting</td>
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<td>• Able to participate in imagery or hypnosis (this may r/o severe PTSD/trauma, active psychosis – case will be reviewed on an individual basis)</td>
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<td>• Motivated to improve their disease management activities</td>
<td>• Receptive to non-medical, non-pharmacological pain intervention</td>
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<td>Pain management</td>
<td>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.</td>
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<td>Pain management</td>
<td>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.</td>
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