

Understanding Pain: A Musculoskeletal Perspective

Emerging advances in the science of pain are not only fascinating; they open doors to possible avenues of treatment. As massage therapists, how can we integrate this new knowledge into daily practice? Are there ways that we can make massage more effective for both practitioner and client alike?

During this seminar, we will explore the science of pain with applications to conditions such as fibromyalgia and migraines, unexplained chronic pain, trigger point therapy, and neural issues. While we will look at the “big picture”, there will also be hands on demonstration and practice of techniques and clinical reasoning strategies. Be prepared for much laughter, inspiration, and concepts and techniques you can apply immediately.



Doug Nelson is the founder of Precision NMT seminars, he has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people. Practicing massage therapy since 1977, he has studied with a host of great educators and worked in several clinical environments. He is the president of BodyWork Associates, a sixteen therapist massage therapy clinic in Champaign, IL which has been in operation since 1982.

He is passionate about the efficacy of the work and has conducted many clinical research studies to investigate PNMT. He is a member of the International Myopain Association and the International Association for the Study of Pain and is also a regular columnist for *Massage and Bodywork* magazine. He is the author of *Table Lessons: Insights in the Practice of Massage Therapy and The Mystery of Pain*. He also contributed the chapter on fibromyalgia to the book *Massage Therapy: Integrating Research and Practice*.

Doug was awarded the 2013 Massage Therapy Educator of the Year and the 2015 Pioneer Award from the Illinois Chapter of the AMTA. He has spoken to numerous state and national AMTA conferences, both giving workshops and keynote addresses.

Massage Therapy Agenda – Thursday, June 25th

6 Continuing Education Units

9:00am:	Registration Opens
10:00am - 12:00pm:	Session 1
12:00pm - 1:00pm:	Lunch
1:00pm - 3:00pm:	Session 2
3:00pm - 3:30pm:	Refreshment Break
3:30pm - 5:30pm:	Session 3
5:30pm:	Cook-out

Save the Date!
– Homecoming 2016 –
– *Massage Therapy* –
June 16th, 2016