

Patient Name: \_\_\_\_\_

Massage Therapist Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Fax Number: \_\_\_\_\_

# Pain Reduction Tool - Shoulder Pain



## Introduction

This resource is a quick guide of how your Registered Massage Therapist (RMT) can help you. This tool can be shared with your primary care practitioner (PCP) and will help coordinate care in your health care circle.

Best clinical practices by the Centre for Effective Practice, suggest that treatment for MSK pain should begin with patient education and exercise. For shoulder pain, current clinical practice guidelines also recommend manual therapy. Below is an overview of education materials I have included as well as your assessment and treatment plan.

- The nature of your symptoms
- Your treatment plan
- A step-by-step plan for return to work and daily activities as your ability increases
- The importance of the patient's active engagement in care, including self-monitoring of symptoms, identifying causes of pain exacerbation, relaxation techniques and modification of negative self-talk
- The delineation between hurt and harm

Assessment	Treatment Plan	PCP Collaboration
<b>Important Findings:</b>  <hr/> <b>Current Pain Scale:</b> <hr/> <b>Red/Yellow Flags (if any):</b>  <input type="checkbox"/> None at this time <hr/> <b>Conditions:</b>  <hr/> <b>Additional notes:</b>	<b>Estimated length of treatment:</b>  <hr/> <b>Estimated number of visits:</b>  <hr/> <b>Treatment Methods:</b>  <hr/> <b>Goal Pain Scale:</b>  <hr/> <b>Additional notes:</b>	<b>Frequency of update from RMT:</b>  <hr/> <b>Recommended further testing and imaging (if any):</b>  <hr/> <b>Recommended Referrals (if any):</b>  <input type="checkbox"/> None at this time <hr/> <b>PCP Name:</b>  <b>Contact Number:</b>  <b>Email:</b>  <b>Fax Number:</b>

For more information on best clinical practices as suggested by the Centre for Effective Practice, please visit <https://cep.health/clinical-products/manual-therapy/>.