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### Testimony in Support of SB 50

Chair Anderson, members of the committee,

I'm a massage therapist in Portland. I'm supporting SB 50, which would require my profession and others to complete a one-hour pain education module created by the Oregon Pain Management Commission. I've read the module and shared it with many of my friends in the industry. I strongly believe that this material will improve the quality of care that massage therapists provide to those living with pain.

While the practice of massage itself is quite innocuous, the information we provide about pain can have a long lasting impact on the health of our clients. What is happening with pain? What can the client expect about their recovery process? What kind of help is available? What can clients do to help themselves? The pain education module helps clinicians provide good answers to those questions.

Pain is a complex condition demanding individualized care informed by best practices and directed by the patient. The field of pain care has evolved from single-factor, biomechanical causes of pain (structural changes, subluxation, posture, etc) to multi-factor, biopsychosocial contributors. In this new understanding, patient mindset, motivation, and behavior is critical to successful outcomes. The clinician's role is less about fixing a passive client, and more about supporting patient self-efficacy with sound knowledge, helpful dialogue/counselling, and safe pain relief. The pain education module skillfully presents these best-practices to clinicians.

As Oregonians increasingly seek alternative care for chronic conditions, our professions (including massage) are ethically bound to incorporate up-to-date science on pain management. The accuracy of our explanations, and the skill with which we deliver them, matter a lot. The pain education module provides a blueprint for a healthy relationship between provider and patient that would help massage therapists substantially improve care.

Oregonians deserve licensed healthcare providers who are up-to-date on best-practice in pain management. This bill is a step in that direction.