

Michael T. Massey, DO, MBA, FAAPMR, CLCP, CPLCP™

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Gulf Coast PainCare: <https://www.gcpaincare.com>



SUMMARY OF EXPERTISE

ABMS Board Certified in Physical Medicine and Rehabilitation (PM&R), Pain Medicine and Brain Injury Medicine. Developed integrated pain care service within the CentraCare Health network with multiple service lines including interventional pain medicine, medication therapy management, spine/musculoskeletal medicine, opioid transition clinic and interdisciplinary pain care. Primary author of Complex Regional Pain Syndrome (CRPS) chapter in Bonica's Management of Pain, 5th edition. Co-author of CRPS practical diagnostic and treatment guidelines 5th edition. Founding member of International Research Consortium for Complex Regional Pain Syndrome. Co-author of multiple North American Spine Society spine coverage recommendations. Co-author of Adult Acute and Subacute Low Back Pain for Institute of Clinical Systems Improvement, 16th edition. Reviewer for The Spine Journal and Pain Medicine. Served on multiple boards. Medical chart reviewer for appeals in state-run managed care and workers compensation programs. Received training and is a Certified Physician Life Care Planner. Conference speaker for a variety of topics related to PM&R, Pain Medicine and Life Care Planning.

Areas of medical expertise include:

- Complex Regional Pain Syndrome
- Spine Medicine
- Acute/Chronic Neck Pain
- Acute/Chronic Back Pain
- Acute/Chronic Musculoskeletal Pain
- Acute/Chronic Neuropathic Pain
- Headache
- Concussion/Mild Traumatic Brain Injury
- Moderate to Severe Traumatic Brain Injury
- Nerve Injury
- Persistent Post-Concussive Symptoms
- Interdisciplinary Pain Care
- Opioid Prescription Safety and Monitoring
- Clinical Systems Improvement
- Causation Opinion of Injury
- Future Medical Requirements

EDUCATION

- **Master of Business Administration**, January 2017 – May 2018
Saint Cloud State University, Saint Cloud, MN
- **Doctor of Osteopathic Medicine**, September 2007 – May 2011
Kansas City University of Medicine and Biosciences, Kansas City, MO
- **Master of Science, Exercise Physiology**, August 2005 – August 2007
Brigham Young University, Provo, UT
- **Bachelor of Science, Exercise Biology**, June 2005
University of California Davis, Davis, CA

POSTDOCTORAL TRAINING

- **Pain Medicine Fellowship**, July 2015 – June 2016
University of Washington, Seattle, WA
- **Physical Medicine and Rehabilitation Residency**, July 2012 – June 2015
University of Chicago – Schwab Rehabilitation Hospital, Chicago, IL
- **Osteopathic Traditional Rotating Internship**, July 2011 – June 2012
Palms West Hospital, West Palm Beach, FL

CERTIFICATIONS

- **ABMS Board Certified in Brain Injury Medicine**, exp 12/31/2032
- **ABMS Board Certified in Pain Medicine**, exp 12/31/2026
- **ABMS Board Certified in Physical Medicine and Rehabilitation**, exp 12/31/2026
- **Certified Life Care Planner by the International Commission on Health Care Certification**, exp 09/30/2026
- **Certified Physician Life Care Planner by the CPLCP™ Certification Board associated with the American Academy of Physician Life Care Planners**, exp 11/2026

PROFESSIONAL LICENSURES

- MN – Permanent License #61131, exp 04/30/2027
- IL – Permanent license #036133901, exp 07/31/2026
- WA – Osteopathic Physician #60544461, exp 04/07/2027
- FL – Osteopathic Physician #OS17196, exp 03/31/2028
- CA – Osteopathic Physician #19236, exp 04/30/2027

WORK EXPERIENCE

- Gulf Coast PainCare PLLC 2023 – Present
 - **Founder and CEO**
 - Provide comprehensive pain medicine services along the Gulf Coast of Florida

- MEDLCP, LLC, 2022 – Present
 - **Founder and CEO**
 - Consulting and Expert Witness services
 - Provide medical cost projections, life care plans, medical file review, independent medical evaluations, life care plan reviews, etc.

- Maximus Federal Services, 2022 – Present
 - **Medical Professional Reviewer Consultant**
 - Provide independent medical chart reviews for the California Department of Workers Compensation
 - Determine medical necessity of diagnostic and treatment claims
 - Provide independent medical chart reviews of appeals to insurance carrier claim denials for the California Department of Managed Healthcare
 - Determine medical necessity of diagnostic and treatment requests
 - Determine if a diagnostic and/or treatment requested, deemed investigational by an insurance carrier, is more likely to be beneficial than any other standard therapy

- Tampa Bay Orthopedic Surgery Group, 2021 – 2023
 - **Medical Director**
 - Provide clinical oversight of facility and staff operations
 - Conduct chart audits
 - Business development
 - Develop interventional pain service line

- CentraCare, 2016 – 2021
 - **Founding Medical Director** of CentraCare Neurosciences Pain Center
 - Strategic development and implementation of integrated pain management. This includes development of committee infrastructure within the healthcare system.
 - Develop and transition best practices in a fee for service to a fee for value system.
 - Collaborating with insurance payers to develop clinical pathways of care related to pain medicine.
 - Collaborating with primary care to develop and implement a population health strategy of integrated pain care.
 - Enhancing neurosurgery efficiency and outcomes.
 - Enhancing CentraCare employee health to reduce days lost from work due to back pain and costs associated with care.

- Developed interdisciplinary team with targeted treatment protocols that included medications, physical therapy, interventional pain management and self-management pain classes (shared medical appointments).
- Massey Pain Management and Rehab, SC, 2013 – 2015
 - **President**
 - Provided coordinated services for rehabilitation and pain management in the subacute rehabilitation setting in greater Chicago.
- Advanced Rehabilitation Care, 2013 – 2015
 - Director of resident physician development
 - Recruited and trained resident physicians to provide subacute rehabilitation care.

PUBLICATIONS

1. **Massey, MT**, et al. NASS Coverage Policy Recommendations: Cervical Artificial Disc Replacement. 2024 February.
2. **Massey, MT**, et al. NASS Coverage Policy Recommendations: Cervical Laminectomy & Laminoplasty. 2023 September.
3. **Massey, MT**, et al. NASS Coverage Policy Recommendations: Synthetics. 2023 June.
4. **Massey, MT**, et al. NASS Coverage Policy Recommendations: Cervical Fusion. 2023 May.
5. **Massey MT**, et al. NASS Coverage Policy Recommendations: Vertebral Augmentation. 2023 March.
6. **Massey MT**, et al. NASS Coverage Policy Recommendations: Basivertebral Ablation. 2023 February.
7. Harden RN, **Massey MT**, et al. Complex Regional Pain Syndrome: Practical Diagnostic and Treatment Guidelines, 5th Edition. Pain Med. 2022 Jun 10;23(Supplement_1):S1-S53.
8. **Massey MT**, et al. NASS Coverage Policy Recommendations: Lumbar Decompression: Laminectomy, Laminotomy & Foraminotomy. 2022 Jan.
9. **Massey MT**, et al. NASS Coverage Policy Recommendations: Minimally Invasive Sacroiliac Joint Fusion. 2021 Sept.
10. **Massey MT**, Harden RN. Complex Regional Pain Syndrome. In: Fishman SM, Ballantyne JC, Rathmell JP, eds. Bonica's Management of Pain. 5th ed. Philadelphia, PA: Wolters Kluwer 2018: 341-362.

11. **Massey MT**, et al. Health Care Guideline: Adult Acute and Subacute Low Back Pain, Sixteenth Edition. *ICSI*. 2018 March.
12. Harden RN, **Massey MT**, et al. A prospective, multisite, international validation of the Complex Regional Pain Syndrome Severity Score. *Pain*. 2017 Aug;158(8):1430-1436.
13. Merrill RM, **Massey MT**, Aldana SG, et al. C-reactive protein levels according to physical activity and body weight in the coronary health improvement project. *Prev Med*. 2008 May; 46(5):425-30.

JOURNAL REVIEWER

- Pain Medicine, 2024 – Present
- The Spine Journal, 2020 – Present

LECTURES

1. International Association of Rehabilitation Professionals (IARP) 2025 Fall Forum, Orlando, FL, *Complex Regional Pain Syndrome for Life Care Planners*, September 2025.
2. Schwab Rehabilitation Hospital, Chicago, IL, Grand Rounds via teleconference, *Life Care Planning*, January 2025.
3. American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Meeting, San Diego, CA, *Advancing Physiatry Forward: Advantages of Academic - Private Partnerships*, November 2024.
4. BayCare Morton Plant Hospital, Clearwater, FL, Grand Rounds, *Management of Osteoporotic Vertebral Body Fractures*, June 2024.
5. American Association of Nurse Life Care Planners, via virtual conference from Dunedin, FL, *An Update On Complex Regional Pain Syndrome For The Life Care Planner*, February 2023.
6. CentraCare, St Cloud, MN, CentraCare Opioid and Controlled Substance Prescribing Training, *Opioids – The Good, The Bad and The Law*, October 2020.
7. CentraCare, St Cloud, MN, CentraCare Neurosciences Annual Conference, *Opioids – The Good, The Bad and The Law*, October 2019.
8. CentraCare Health, Nisswa, MN, CentraCare Health Collaborative Care Institute, *Opioids – The Good, The Bad and The Law*, March 2018.
9. CentraCare Health, St. Cloud, MN, Academic Day -CentraCare Health, *Understanding Pain Pathophysiology with Medication Spotlight*, November 2017.
10. CentraCare Health, St Cloud, MN, 18th Annual Neuroscience Conference, *Integrated Pain Management*, April 2017.

11. University of Washington Medical Center, Seattle, WA, *Perioperative/Postoperative Management of Buprenorphine*, January 2016.
12. University of Chicago, Chicago, IL, *Symposium of back pain – Part two: Multimodal Medical Management – Drug classes and evidence*, January 2014.
13. University of Chicago, Chicago, IL, *CRPS: etiology and diagnosis*, December 2013.
14. University of Chicago, Chicago, IL, *Anatomy of the lumbar plexus, hip, thigh and knee*, December 2013.
15. University of Chicago, Chicago, IL, *Physical therapy for back pain*, November 2013.
16. University of Chicago, Chicago, IL, *Acute transfer to acute care*, October 2013.
17. Schwab Rehabilitation Hospital, Chicago, IL, *Acute Rehabilitation Pain Management*, March 2013.
18. Columbia Hospital, West Palm Beach, FL, *Geriatric falls*, April 2012.
19. Palms West Hospital, West Palm Beach, FL, *Tuberculosis in Florida*, March 2012.
20. Palms West Hospital, West Palm Beach, FL, *Neonatal Sepsis*, February 2012.

BOARD SERVICE

- International Association of Rehabilitation Professionals – Florida Chapter Board, Training and Education Chair, 2023 – 2025
- CentraCare Surgery Center Board of Directors, 2020 – 2021
- Midsota Surgical Suites Board of Directors, 2020 – 2021
- CentraCare Neurosciences Section Board, 2018 – 2021
- CentraCare Pain Advisory Board, 2016 – 2017

COMMITTEES

- North American Spine Society Coverage Committee, 2020 – 2023
- CentraCare Epic Provider Advisory Committee, 2019 – 2021
- CentraCare Integrated Pain Steering Committee, 2018 – 2021
- Saint Cloud Hospital Quality Activation Committee for Improvement of Opioid Use, 2016 – 2021

- Schwab Rehabilitation Hospital Committee for Quality Improvement in Pain Management, 2012 – 2015

QUALITY IMPROVEMENT PROJECTS

- *Opioid Safety and Monitoring*, Role: Project Lead, Length of project: June 2018 – August 2022. (Performed risk assessment of opioid prescribing within pain center and aligned opioid prescribing practices according to MN law and the Federal State Medical Board.)
- *Medical Spine Center*, Role: Medical Director and Project Lead, Length of project: Feb 2018 – June 2020. (Negotiate reimbursement of services with payers and implement best practice value based driven spine care within CentraCare Health. Discontinued due to COVID-19 Pandemic.)
- *Pain Transition Project*, Role: Project Lead, Length of project: April 2017 – Sept 2017. (Facilitated coordinated care for pain patients on chronic opioid analgesic therapy after primary care group acquisition within CentraCare Health delivery system.)
- *Lumbar Spine Pain Management*, Role: Project Lead, Length of project: Oct 2016 – May 2017. (Lead coordinated effort to decrease costs and increase quality of spine care by setting up a triage system that streamlined access to a physician and physical therapist for back pain within CentraCare Health.)
- *Total knee and hip arthroplasty pain control from postop to acute inpatient hospital to rehab*. Role: Project Manager, Length of project: Jan 2014 – June 2015 (Examined numeric pain scores post-surgery to acute rehab. Determined pain was more controlled in the rehab setting compared to the acute inpatient hospital setting.)
- *Patient satisfaction surveyed responses to quality of pain management at Schwab Rehabilitation Hospital*. Role: Project Manager, Length of Project: Jan 2013 – June 2015. (Obtained quarterly randomized surveyed responses to questionnaire on quality of pain management by the staff at Schwab Rehabilitation Hospital.)

MEMBERSHIPS

- American Academy of Physical Medicine and Rehabilitation, 2009 – Present
- American Academy of Pain Medicine, 2012 – 2022
- North American Spine Society, 2013 – Present
- Founding Member of International Research Consortium for Complex Regional Pain Syndrome, 2015 – Present
- Spine Intervention Society, 2016 – Present
- International Association of Rehabilitation professionals, 2022 – Present
- American Association of Neuromuscular & Electrodiagnostic Medicine, 2022 - 2023
- The American Society of Pain & Neuroscience, 2025
- American Interventional Headache Society, 2025 - Lifetime