

PAIN MANAGEMENT PATHWAY

Your primary care provider has suggested that you may benefit from our Pain Management Pathway, what next?

The Pain Management Pathway at Jefferson Healthcare is designed to help patients increase function and quality of life while reducing the sense of pain. The Pathway is a 10-week commitment made up of twice-weekly sessions. One weekly independent session is patient centered care with a physical therapist. The second weekly session provides evidence based, group learning to help understand the components contributing to pain and the necessary steps to manage.

During the independent sessions with the physical therapist, a unique plan is established to help you get back to more of the activities you care about. The treatment may include Graded Motor Imagery, an approach that targets the changes which occur in the nervous system when the pain is present for long periods. Education is a key component of the Pathway, and you will have an opportunity to learn from several specialists and practitioners during the weekly Wellness Center presentations.

The group sessions cover topics such as pain neuroscience, goal setting, mental health, sleep, nutrition, mindfulness, exercise, and self-care. These talks are evidence-based and designed to help understand the components contributing to your pain experience, and how to utilize this information to take steps towards changing the experience.

Prior to beginning the Pathway, you will have at least one session with a member of the social work team. During this session, you will discuss any barriers which prevent you from attending all components of the Pathway. You may decide to continue further visits with the social worker at this time for brief Cognitive Behavioral Therapy.

Congratulations on taking this step towards better understanding your pain. We look forward to working with you.

Step 1. Schedule your physical therapy visits (approximately 1-2 months before the Pathway Begins): You will receive a call from the scheduling desk in the rehabilitation department to set up your evaluation and follow up visits with your physical therapist. Doing this first ensures that your weekly PT visits coincide with the group sessions. 360.379.9259

Step 2. Schedule and complete a visit with social work (approximately 1 month before the Pathway begins): Prior to beginning the Pathway, you will meet with a member of our social work team to discuss and address any barriers that may impede your participation in all of the components of the Pathway. 360.379.8031

Step 3. Attend your initial evaluation with your physical therapist (1-2 weeks before the Pathway begins): During this session, the physical therapist will explain what your course of treatment will entail and will give you an opportunity to ask questions about the Pathway.

Step 4. Attend your first group session at the Wellness Center (week 1 of the Pathway): The first week is an introduction to how the nervous system works, particularly how things change when you have had pain for long periods. We will also further discuss the elements of the Pathway and give you a chance to ask additional questions.

Step 5. Continue to attend weekly individual PT sessions and weekly group sessions for the next 9 weeks.