

PAIN MANAGEMENT PATHWAY

10-week, twice weekly sessions designed to help patients increase function and quality of life while reducing sense of pain.

The interdisciplinary pain pathway team is ready to help the patient become part of the solution and take an active role in regaining control of life despite the pain.

One weekly 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.

Week 1: Pain Science, Carissa, DPT

Discuss the physiology behind persistent pain and answer questions such as “why hasn’t my pain gone away” and “why is my pain worse when I’m stressed?”

Week 2: Habits of Health, Mary, DPT

Learn to create a clear vision for healing, recovery and sustaining healthy behaviors.

Week 3: Exercise to Promote Wellness, Mary, DPT

Learn the difference between physical activity and exercise and how to select the appropriate intensity and type of exercise to meet your health goals.

Week 4: Mental Health and Persistent Pain, Mark, MSW

Learn the types and methods of counseling useful in dealing with persistent pain while exploring the connection between mind, body and how positive coping techniques can improve quality of life.

Week 5: Nutrition, Karen, RD

Learn how diet can assist in healthy thinking and reduction of pain.

Week 6: Sleep Benefits, Mitzi, DPT and David, AA, RPSGT

Learn about the impact of poor sleep has on healing and pain perception while gain tools to enhance restful, restorative sleep for mind and body health.

Week 7: Mindfulness and Stress Management, Jackie, RN

Use mindfulness-based stress reduction practices to learn self-regulation strategies to navigate everyday stressors and those connected with the pain.

Week 8: Getting Back to Work and Participation in Life Roles, Mark, MSW

Understand the potential stumbling blocks and learn strategies to work through the challenges.

Week 9: Self-Care to Equip You for the Journey Ahead, Helen, DPT

Review lessons of the 10-week course and learn self-care techniques to assist to move through the next chapters in life.

Week 10: Q&A and Closing, Carissa, DPT