## CHRONIC PAIN MANAGEMENT

Chronic pain can disrupt your home life, your relationships, and your ability to work. It is frustrating living with chronic pain because there is no significant way to reduce or eliminate it. In an effort to deal with your condition, you may have tried medication, physiotherapy, and surgery, only to be disappointed by the end result. After searching for a cure you may have been told or come to realize that the pain you are experiencing is chronic. Doctors or other health care professionals may have said to you..."learn to live with it"; however, no one has told you how. At the Chedoke Chronic Pain Management Unit we can help you learn how to live with pain by teaching and coaching you on strategies and approaches that can improve your function and quality of life. You do not have to figure it all out by yourself. Participation in our



Program connects you with others who have chronic pain and with our experienced staff. Within this environment you can learn and apply skills to help you cope with your pain condition.

## PROGRAM DETAILS

The Chronic Pain Management Unit offers an intensive four-week day program for adults with chronic pain.

- Daily fitness program
- Setting weekly goals to participate in tasks that are meaningful to you
- Group discussions
- Functional and recreational activity
- Daily relaxation
- Hydrotherapy and yoga
- Discussions about return to work
- Education groups to provide you with more information on techniques to learn how to cope with your pain

The Program runs between the hours of 9 a.m. and 4 p.m. Monday to Friday. For patients requiring over-night accommodations we have a preferred rate with a local hotel.

Treatment services are not available on the weekend.

To participate in this program, an individual must attend an assessment at this facility. A referral can be made by your family doctor, lawyer, rehab consultant, insurance company, Veteran Affairs, Workplace Safety and Insurance Board, and other health care professionals.

## TREATMENT STAFF

The Chronic Pain Management Unit is an interdisciplinary program. Such a program is made up of different health care professionals working together at the same time. These professionals all share the same philosophy regarding the treatment of chronic pain. They work together to teach you coping strategies to deal with your chronic pain condition. The staff you will be working with while you attend this program are:

- Dietetic assistants
- Occupational therapists
- Pain specialists (medical doctors)
- Pharmacists
- Physiotherapists
- Psychologists
- Social workers

If you are unable to attend a four-week program we can make treatment recommendations designed to help you, your family doctor, and agencies associated with your claim, deal with your chronic pain condition. Individual recommendations may address medication issues, psychological needs, return to work assistance, and family supportive counseling. We can also tailor an individual program specific to your needs.