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## CHRONIC PAIN PROGRAM

Who may benefit from the Chronic Pain Program?

*People who have suffered from persistent pain and have tried several treatment approaches without much success may benefit from this program.*

What approach does the Chronic Pain Program use?

*Healing Rivers Physiotherapy uses physical activity within a bio-psycho-social approach to pain management. The bio-psycho-social approach is evidence based and has been shown to bring about very good outcomes in managing pain, improving function, and reducing disability.*

What will happen if I decide to participate in the Chronic Pain Program?

*You will be given several questionnaires to fill out prior to the start of treatment. Also, the physiotherapist will perform a physical assessment and interview to get a good understanding of your therapy needs. Based on this assessment, you and the physiotherapist will discuss the treatment options and work together to develop an appropriate treatment plan. The treatment may consist of several or all of the components listed below.*

- *Pain Education*
- *Goal Setting and Pacing*
- *Exercise*
- *Cognitive Behavioural Strategies*
- *Relaxation, Breathing, and Body Awareness*
- *Sleep Hygiene*
- *Relapse Prevention and Coping*
- *Interdisciplinary Collaboration as needed*

*Treatments will be scheduled weekly for 7 to 12 weeks and are usually one hour in length. You will be given a very manageable amount of homework, tailored to your needs, such as diaries, exercise, planning, etc. Please try to keep other obligations and activities in your life to a minimum during the initial weeks you are spending in our Chronic Pain Program, so that you can start off properly and focus on your health and well-being.*

*You will be given the tools you need to manage your pain and improve your quality of life.*

**Please call for more information.**

**250-649-0886**