



# Chronic Pain Management

Our **Chronic Pain Management Program** promotes the wellness of adolescents and young adults with chronic pain by teaching strategies to manage pain and encourage functional activity.

The inpatient Chronic Pain Management Program is typically for children and adolescents with chronic pain who continue to have significant pain and difficulties with daily function despite a period of consistent outpatient therapies.

## Treating children with conditions like:

- Amplified Musculoskeletal Pain Syndrome (AMPS)
- Chronic Abdominal Pain
- Chronic Migraine Headaches
- Chronic Regional Pain Syndrome (CRPS)
- Fibromyalgia
- Postural Orthostatic Tachycardia Syndrome (POTS)
- Reflex Sympathetic Dystrophy (RSD)
- Reflex Neuropathic Dystrophy (RND)

## Our Individualized Approach



This evidence-based program is typically over a four week period, with focus on regaining function and using one's body in a normal way. The approach to treatment includes intense physical and occupational therapy and integrated mental health intervention. Treatment may include:

Aquatic Therapy • Child Life Therapy • Occupational Therapy • Parent Education and Support • Patient Care Coordination • Physical Therapy • Psychology • Recreational Therapy

## The focus of therapies in the Chronic Pain Management Program are to manage pain through:

- Increasing endurance and strength
- Patient/family education about effective coping strategies
- Use of the affected parts of the body
- Desensitization to reduce allodynia (pain from stimuli that typically does not cause pain, such as light touch or temperature change)

Additionally, recreation events for the patient and family encourage community reintegration, encourage appropriate peer interaction and social activities, as well as assist in transition to home/community life. School tutoring is also provided on-site as needed.

Our goal is for each child to return home to all normal activities, including school and extracurricular involvement, without any physical modifications.



**Learn more and request an appointment.**

