

Some Information about our Services

What is the Victoria Regional Pain Program?

The RJH Pain Clinic is an interdisciplinary program that provides outpatient services to people living with chronic pain conditions. The team includes; anesthesiologists, physiatrists, nursing, physiotherapy and occupational therapy, social work, psychology, psychiatry and pharmacy. Patients may be involved with one or more services.

Referral to Occupational Therapy / Physiotherapy

Your family doctor or one of the physicians in the Chronic Pain Program has referred you for therapy. You will be contacted by phone to schedule your first appointment as time and space permits for physiotherapy. If you are interested in any of the group programs please call the occupational therapist.

Occupational Therapy (OT).

The occupational therapist will conduct an assessment of your function and goals and assist individually or in group.

To enhance your self management consider attending the following groups. Contact OT.

- a) Pain Education Series: understand your pain, your coping styles and how to optimize your lifestyle.
- b) Mindfulness Meditation and Relaxation Series:
- c) Art Group – explore your creative side!
- d) Laughter club – Boost your endorphins!
- a) Home Safety, group support and education offered separately to the geriatric population

Physiotherapy (PT)

The physiotherapist will conduct an assessment of your condition. Depending upon the assessment findings and your individual goals, treatment may include

- a) Education about your condition,
- b) Postural correction and review of good body mechanics

- b) Training in therapeutic exercise to improve mobility and strength
- c) Manual therapy and use of modalities as indicated.
- d) Support in making lifestyle changes to improve your health and fitness.

Re-assessment of progress towards meeting your goals will occur periodically during treatment. Access to physiotherapy is time-limited. Unless there are exceptional circumstances, physiotherapy will only be provided for a period of 2 months.

Please wear, or bring with you to each treatment session, loose fitting clothing so the therapist can see and access your problem area.

To improve your health and fitness:

There are biweekly yoga and core stabilization classes at the RJH Pain Clinic on Mon and Wed mornings and on Fridays we attend the health recovery class of the Esquimalt Tai Chi Society. The aim is for you to gain enough confidence and endurance to pursue a healthy, active lifestyle and link with our community recreation centres.

Location of RJH Pain Clinic

We are located on Homer Wing, 2nd floor of the Memorial Pavilion at the RJH site. Paid parking is available in the lot off Adanac Street. Please check in with our reception clerk, or turn right down hall to Therapy Services.

To change or cancel an appointment?

Call **370-8111 loc 3815** to change or cancel appointments. Please leave a message if we are unable to take the call. If you know you will be unable to attend an appointment, please let us know at least 24-hours in advance so we can make arrangements to book someone else in that time slot.

Once admitted for therapy it is expected that you will make the most of the opportunity and participate fully. If issues such as childcare, transportation, work or family commitments are going to interfere, please discuss this with your therapist.