

Some Information about our Services

What is the NRGH Pain Program?

The NRGH Pain Program is an interdisciplinary program that provides outpatient services to people living with chronic pain conditions.

Referral to OT/PT

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 with us as soon as time and space permits.

Occupational Therapy (OT).

The occupational therapist will conduct an assessment of your activities of daily living. Depending upon the assessment findings and your individual goals, the following treatment may be offered:

- a) Engaging in an education series, designed to teach you strategies to self manage your persistent pain and increase your overall functional goals. Education topics include goal setting, "Explain Pain", Pacing, Stress Management etc.
- b) Pool/gym exercises, up to twice a week supervised by the physiotherapist in conjunction with the education series.
- c) Individual education sessions geared towards goal setting, pacing, stress management sleep, hygiene, relaxation etc. as per your individual goals.

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) Manual therapy,
- c) Movement exercises to help reduce and manage pain,
- 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.

I'd like to improve my health and fitness, can you help?

The PT's and OT's supervise pool and gym sessions Tuesdays and Thursdays at 12:00pm. You can use these sessions to gradually increase your tolerance of activity and your fitness level. The aim is for you to learn some skills, and gain enough confidence to pursue a healthy, active lifestyle on your own.

Where do I check in for my PT and OT sessions?

As part of the Chronic Pain Program you are required to check in at the Therapy Services front desk before every visit. Please bring your care card and try to arrive a few minutes early in case there are line-ups. This is located in the main Hallway between the cafeteria and the Rehabilitation entrance.

Who do I call if I have to change or cancel an appointment?

Call **755-7951** 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.

What happens if I miss or forget an appointment?

If you miss an appointment it is your responsibility to reschedule another one. Call 755-7951 to make a new appointment.

Please Be Aware that due to high demand for OT and PT, if you regularly miss appointments without prior notice or a reasonable excuse you will be placed at the bottom of our waiting list.

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.