



MHealth Employer Solutions Successful Returns[®]

Multidisciplinary Pain Management Program

The Multidisciplinary Pain Management Program emphasizes the client's engagement in the rehabilitation process through education and behavior modification. Clients complete a multidisciplinary evaluation, including medical, psychological and functional/physical assessments. The multidisciplinary team then determines which of four program options best meets the client's individual needs. Each program consists of a core set of components and offers elective components to maximize treatment outcomes. The multidisciplinary team meets on a weekly basis to discuss the rehabilitative needs of each client and generates a progress report for the treating physician

Programs accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) include:

Full Restoration Program Designed for clients who continue to experience chronic pain and functional limitations despite surgeries, interventional procedures, the use of narcotic medication or other unsuccessful attempts to manage pain symptoms.

Functional Crossover Program Offers the client educational and behavioral components of pain management services for half of the day, followed by functional restoration and job simulation services for the remainder of the day.

Focus Program Targets the psychological and medical aspects of pain. Clients with psychiatric treatment needs or those seeking to discontinue pain-related medications are offered specialized assistance.

Fundamental Program Offers modified hours and a component structure to fit the needs of clients experiencing excessive discomfort in their work or daily activities.

The following treatment components may be utilized in the pain management programs:

- Acupuncture, traditional Chinese medicine
- Aquatic therapy
- Cardiovascular conditioning
- Core stabilization
- Ergonomic training
- Group psychotherapy
- Home exercise programs
- Individual psychotherapy
- Job simulation
- Manual and myofascial therapy
- Marital and family therapy
- Medication management and detoxification
- Mindfulness meditation, relaxation
- Stretching and flexibility exercise
- Tai Chi, yoga
- Vocational counseling
- Wellness education

Referrals and Scheduling

To refer a patient for evaluation or treatment, call 713.338.4949 or fax an order to 713.338.4948.

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