

# Intensive Level Groups

## INTENSIVE LEVEL

KAISER PERMANENTE • SANTA CLARA • PAIN MANAGEMENT REHABILITATION PROGRAM (PMRP)

## Intensive Level

### **Tapering off Medications (if indicated)**

You will work with your Case Manager, Pharmacist, and Physician individually to taper off opiate medications. There is a Medication Group that meets weekly to support you during this process.

### **Intensive Phase 1 & 2 Program (6 weeks)**

In this community model you will learn and practice new ways of moving and thinking that will help retrain your brain and nervous system. The purpose of this treatment is to help you learn tools to manage your pain, increase your function, and improve the overall quality of your life.

### **Rehabilitation Phase 3 (1 year or more)**

In this graduate group setting, you will continue your journey through problem solving, advancing practice, and physical rehabilitation. Weekly groups vary and you may attend any or all of these groups. These sessions cover Group Discussion, Relaxation, Physical Therapy, Yoga, Feldenkrais, Qi Gong, and Mindful Movement, depending on the day.

## Highlights

### **Concept Group**

Groups are facilitated and designed to trouble shoot common challenges in managing pain, while giving patients the opportunity to share solutions. A few of the many topics we explore are pacing, prioritizing, planning, sleep quality training, mindfulness for the management of chronic pain, wellness and flare plans, maintaining motivation, communicating effectively about one's limits, managing expectations of self and others, and overcoming guilt.

### **Family and Friends Day**

Your support person will get to experience what a typical day is like in the PMRP Intensive Level and participate in the daily activities along with you. The group discussion segment focuses on the neurophysiology of pain and how it relates to individuals and family systems.

## Intensive Level Schedule

### **Intensive Phase 1 & 2 (6 weeks total):**

- Daily 9:00am – 11:45am
  - Intensive Phase 1-  
5 days a week for 3 weeks
  - Intensive Phase 2-  
3 days a week for 3 weeks

### **Rehabilitation Phase 3:**

- Drop-in & scheduled appointments
- Times and days will vary
- 1 year or more

## PMRP Video

[kp.org/santaclara/pmrpvideo](http://kp.org/santaclara/pmrpvideo)

## PMRP Website

[kp.org/santaclara/pmrp](http://kp.org/santaclara/pmrp)

## Contact Us

### **Pain Management Rehabilitation Program (PMRP)**

408-530-2950

**Barbara Gawehn, RN, LAc**

408-530-2958

# Highlights

## **Medications Talk**

The medications talk will provide a general overview of medications frequently prescribed in the chronic pain setting. We will review the role of over the counter medications, neuropathic medications, opioid analgesics, and other types of medications. Frequently asked questions are covered such as common side effects and things to look out for when starting a new medication.

## **Nutrition Talk**

The Nutrition Talk will cover the basic principles of what to eat (or not eat!) if you have chronic pain. We emphasize using the Mediterranean Diet, antioxidants, and other strategies to improve health and reduce pain.

## **Sleep Talk**

The sleep discussion covers the dangers of not getting enough sleep and of sleeping too much. We discuss the optimal amount of sleep, the sleep phases that are necessary, and things that interfere with the proper amount and quality of sleep. We also discuss how to form new sleep patterns that allow you to get the right amount and quality of sleep.

## **Physical Therapy Assessment**

You will meet with the physical therapist in your first week of class to assess your basic functional abilities. The Physical Therapist will develop the beginning of your Physical Therapy plan. The team will continue to monitor your progress throughout all phases of treatment.

## **Physical Therapy Basics (part of 6 week Intensive Phase 1 & 2)**

We work with concepts and techniques central to posture with a more gentle and mindful approach. Body mechanics, sleep positions, flexibility, balance, and strengthening are all covered. Techniques specific to flare management, such as acupuncture and traction are also taught.

## **Physical Therapy in Rehabilitation Phase 3**

A more individualized physical therapy plan will be created after completing the 6 week Intensive Phase. The plan will focus on continued body awareness, improving posture, body mechanics, task modification, and gentle approaches to stretching and strengthening.

## **Qi Gong**

Based in Chinese medicine, Qi Gong aligns awareness with breathing and slow gentle movement. Qi Gong can be practiced sitting, standing or lying down. Health benefits include: pain relief, improved cardiovascular function, improved mood, decreased stress, increased immune function.

## **Feldenkrais**

The Feldenkrais Method reduces pain or limitations in movement by increasing awareness beginning with small, comfortable, easy movements. Awareness through movement helps change neuromuscular patterns and opens up options for new and less painful ways of moving. Lessons involve thinking, sensing, moving, and imagining. Lessons can be done sitting or lying down.

## **Mindful Movement**

Led by our physical therapist, this group is offered in both Intensive and Rehabilitation Phases. Gentle, mindful movement practices enhance both relaxation and flexibility.

## **Yoga**

Yoga is a comprehensive mind-body system that begins with the breath. Breathing practices and the slow gentle stretches of yoga aid in reducing muscle tension, pain sensitivity, stress, and anxiety. Yoga can aid in “forming an alliance with your body.” It can be practiced sitting, standing, or lying down.