In partnership with you and your child, we are committed to the prevention and relief of pain as completely as possible.

Pain Rehabilitation Program

What is the Pain Rehabilitation Program?
The Pain Rehabilitation Program (PReP) treats children and teens with chronic musculoskeletal and neuropathic pain problems. The program is for youth who have not had success with outpatient pain treatment and those who need rehabilitation services in a more intensive setting.

What are the goals of the program?
- Restore normal routine. Get your child back to school and participating in social and athletic activities.
- Eliminate focus on pain and disability. Our aim is to help your child regain independence and control of their life.
- Improve mood and teach your child ways to cope with pain and stress.
- Reduce pain, when possible.

What can I expect when I bring my child for an evaluation?
Before starting the program your child will be evaluated by the healthcare team in our Pain Medicine Clinic. This means that the team will listen to your concerns, ask lots of questions and examine your child to determine if they would benefit from our program. After your evaluation, your child will likely be placed on a waiting list before starting our program.

What happens during my program visits?
We use an intensive day treatment model. Your child will have treatment at the hospital from 8 a.m. to 4 p.m. Monday through Friday. The program usually lasts 2 to 4 weeks, but may be longer depending on your child’s needs. Your child will also follow a home exercise program during evenings and on weekends while in the day treatment program.

Who will be on my child’s treatment team?
Your child will be treated by a team of healthcare providers including physical therapists, occupational therapists, psychologists, social workers, nurses, and doctors. Each member of the team has expertise in treatment of chronic pain problems in children and teens.
What treatments are available?

During the program your child or teen will participate in the following:

Physical and Occupational Therapy

Your child will have 4 hours of physical and occupational therapy and 1 hour of water (aquatic) therapy each day. These therapies use exercise and weight-bearing exercises to help your child regain strength and endurance.

Psychology and Mental Health

Your child will be evaluated by a psychologist and will receive psychological therapy 2 times a week. Treatment will focus on helping your child increase their coping skills and reduce distress related to pain. A psychologist and a social worker will also meet weekly with your family to educate you on how to respond to pain and promote coping, and ways to help your child return to normal activities.

Medical Monitoring

Your child will be seen by one of our pain specialist doctors once a week. Doctors will monitor your child or teen’s progress throughout their time in the program and manage medicines as needed.

School

During the school year, school teachers will meet with your child 3 to 4 times per week for help with schoolwork. Teachers and psychologists will also coordinate with your child’s school to develop a plan for going back to school and arrange for accommodations if they are needed.

What is my role in treatment?

You are a key part of your child’s recovery and will be included in all aspects of treatment. You will be expected to be available for scheduled meetings with the healthcare team and for observing physical therapy sessions.