

Chronic Pain Rehabilitation

Supported by UPMC Centers for Rehab Services

Occupational Therapy Services

Our services may be helpful to you if:

- Daily activities are difficult
- You are experiencing decreased overall wellness (poor sleep, poor nutrition, limited exercise)
- You are interested in learning how to self-manage your chronic condition
- You would like to improve your physical and functional abilities



What to expect from treatment

Occupational Therapy

- Learning to move and function without increasing pain
- Learning techniques and positions to decrease and manage pain
- Monitored exercise to increase flexibility, strength, and endurance
- Learning to perform daily activities more efficiently and without increasing pain

Additional Program Emphasis

- Pacing
- Tools for increasing performance of daily activities
- Body mechanics
- Techniques for goal setting and planning
- Coping Strategies
- Interventions to improve wellness
- Posture and positioning

CRS Centre Commons, 5750 Centre Avenue, Ste. 450, Pittsburgh, PA 15206, **412-665-8035**

CRS Greensburg, 5142 Route 30, Greensburg, PA 15601, **724-830-8750**

CRS Greenville, 26 Conneaut Lake Road, Greenville, PA 16125, **724-588-3001**

CRS Harmarville, 2585 Freeport Rd., Ste. 205, Pittsburgh, PA 15238, **412-828-1176**

CRS Hermitage, 1115 N. Hermitage Road, Hermitage, PA 16148, **724-347-6660**

CRS McCandless, 9365 McKnight Road, Pittsburgh, PA 15237, **412-630-9750**

CRS Monroeville, 600 Oxford Drive, Suite 310, Monroeville, PA 15146, **412-380-0551**

CRS South Side, 2310 Jane Street, Pittsburgh, PA 15203, **412-586-6900**