



# Total Chronic Pain Care at UPMC Pain Medicine and UPMC Centers for Rehab Services

## Total Chronic Pain Care

UPMC Pain Medicine and UPMC Centers for Rehab Services offer many treatments for chronic pain. Finding the right mix of treatments can take time. But, when you do, you will likely see that your treatment plan includes medical and non-medical treatments. You will work with your pain medicine physician to figure out the best combination of treatments to help manage pain. If you would like to learn more about the non-medical treatment options described in this brochure, please ask your physician during your appointment.

## The Path to Total Chronic Pain Care

Non-medical chronic pain treatments include occupational therapy, physical therapy, and psychology. Your physician may send you to a clinician who offers these treatments. Like your physician, our occupational therapists, physical therapists, and psychologists are ready to treat chronic pain. Our physical therapists understand that people living with pain can be afraid to move, so they help patients overcome this fear. Our psychologists know that people with pain are often upset that they can't participate in their favorite activities. Our team works with patients to find ways to get back to doing things they enjoy. In addition to the treatments noted above, your pain medicine physician may refer you for social work and psychiatry services through UPMC Pain Medicine. Your pain medicine physician understands that you want to feel and function better and that no single treatment will give you these results. Your doctor will work with you to develop a treatment plan that takes care of all your needs.

## What to Expect from Total Chronic Pain Care

Please plan to arrive at least 15 to 20 minutes before your appointment with our clinician(s). Arriving early will give you time to complete the forms that the clinician(s) will use when making treatment decisions. Your appointments will last between 30 and 60 minutes. Our team's goal is to help you feel and function better. The clinician(s) will give you information and time to ask questions. They want you to leave the appointment with a good understanding of the services offered, so that you can decide whether a return visit makes sense. Please read through the brochure to learn about the non-medical chronic pain treatments, social work, and psychiatry services available at UPMC Pain Medicine and UPMC Centers for Rehab Services.

## Occupational Therapy

Occupational therapists determine how your pain affects the activities you do in your daily life and help you find ways to return to doing these activities. Some patients want to return to work or get back to doing more in their homes. Other patients want to return to school or participate more actively with family and friends. The occupational therapists can help you work on any of these goals.



### Physical Therapy

Many people living with chronic pain have previously participated in physical therapy. However, our physical therapists specialize in chronic pain treatment and offer care that is different from the physical therapy that most patients have done in the past. Our physical therapists teach skills that help people who are living with pain take better care of themselves and improve how their bodies work. Our therapists know that patients may fear movement. They work with patients to slowly increase activity without flaring pain.

### Psychology

Psychologists know that your pain is real and that living with pain can lead to problems like depression and anxiety, as well as difficulties with sleep and relationships. Psychologists also know that depression and anxiety can worsen pain and make it difficult for patients to do what they need to do to feel and function better. Our team will help you identify the many ways that living with pain is causing problems and teach skills to help you cope with these problems. Psychologists will teach ways to manage any thoughts, emotions, and behaviors that can make you feel worse, make it difficult for you to take care of yourself, and keep you from benefiting from other pain treatments.

### Social Work

Patients can have many problems in their lives as a result of pain. Examples include having problems with money, transportation, and housing. These problems can make it difficult for patients to go to appointments and get help. Our social worker will help you to find solutions to these problems. The social worker can also provide counseling services.

### Psychiatry

Like psychologists, psychiatrists understand that your pain is real and that chronic pain can lead to depression and anxiety. Psychiatrists also know that pain can worsen mental health

problems that you had before you developed chronic pain. Our psychiatrist is ready to treat the mental health problems you might be experiencing, like depression, anxiety, post-traumatic stress disorder, and bipolar disorder. Our psychiatrist can also help you find the mental health care you need if he or she can't safely offer it to you.

### Treatment Recommendations

After your first appointment with the clinician(s), they will present treatment recommendations. However, in some instances they need additional time to consider what to recommend and will follow up with treatment recommendations. Your feedback on these recommendations is welcome. In the event that the clinician(s) recommend a treatment plan that you do not agree with, we will work with you to find a plan that suits your preferences. Recommendations from the clinician(s) are made to address your specific pain-related needs. Your treatment plan will likely involve a combination of the services described in this brochure.

### Effectiveness of Total Chronic Pain Care

The journey to finding the best mix of treatments to treat chronic pain is often long and full of uncertainty. Fortunately, you can access many chronic pain treatments at UPMC Pain Medicine and UPMC Centers for Rehab Services. While getting rid of pain completely is unlikely for most patients, improved pain management, functioning, and quality of life are realistic treatment outcomes. Your pain medicine physician and other clinicians want to help you feel and function better. However, your response to treatment also depends on your level of involvement in your own care. Chronic pain management is first and foremost self-management, so you will do better if you apply what we teach you to your life outside the clinic.

**Best of luck to you on your journey toward feeling and functioning better. We look forward to being with you on this journey and hope you consider Total Chronic Pain Care at UPMC Pain Medicine and UPMC Centers for Rehab Services.**

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To make an appointment, or for more information, call 1-800-533-UPMC or visit us at [UPMC.com/PainMedicine](https://www.upmc.com/PainMedicine).