

## What is CHLA's Inpatient Chronic Pain Rehabilitation Program?

It is an intensive interdisciplinary pain treatment (IIP) program for youth with chronic pain. Chronic pain can seriously affect one's ability to carry on with regular activities. The program aims to speed up the recovery time and help youth return to school and social activities. The program's main goal is to improve:

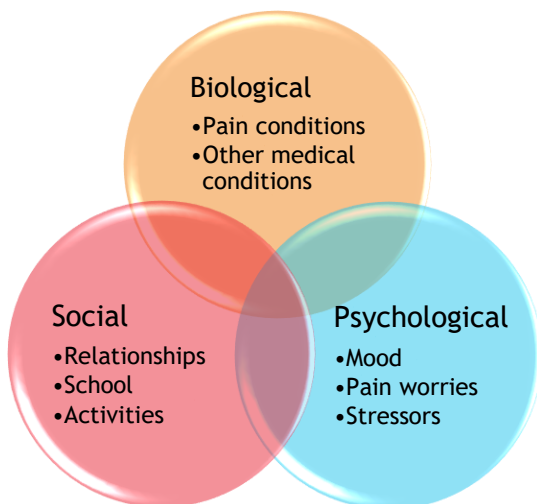
- pain management
- physical functioning
- sleep
- pain related stress (pain worries/fear of pain)

## How is the program organized?

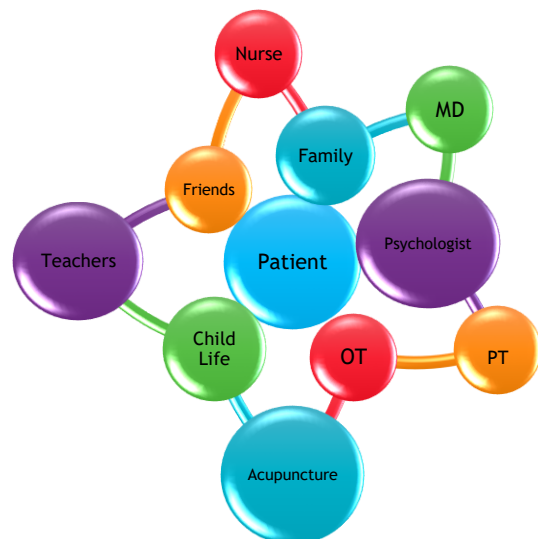
Patients are treated by an interdisciplinary team. An interdisciplinary team is a group of healthcare providers from different fields who work together to provide the best care for your child. They teach youth how to work through and manage their pain. Daily schedules are modeled after a full day of activities and include sleep schedules. The length of the program is based on what each patient needs. Program length is determined on an individual basis.

We use a biopsychosocial approach to understand and manage pain. The biopsychosocial approach includes looking at biological, social, and psychological factors that contribute to pain.

### Biopsychosocial Model of Pain



### Interdisciplinary Team



### **What types of therapies do you offer?**

Our program offers different types of therapies to help manage pain. These include:

- Pain focused psychotherapy
- Occupational therapy
- Physical Therapy
- Family therapy
- Acupuncture
- Wellness activities such as mindfulness and meditation
- Recreational therapy
- Biofeedback
- Relaxation Skills Training
- Dog Therapy
- Sleep Hygiene (strategies to improve sleep)
- Virtual and augmented reality for pain management

### **What is the Step-Down Program?**

At the end of the inpatient program, your child will participate in the Step-Down Program. This program helps with their transition to home and to support them as they continue to make progress towards improvement. It can include weekly psychotherapy, occupational, and physical therapies. Program occurs weekly for around four weeks after your child's rehabilitation program ends.

### **How do I know if the program is right for me?**

**Schedule an appointment for an evaluation with our Pain Medicine clinic:**

- 626-361-7686
- 8:00 a.m. to 5:00 p.m.