

## Chronic Pain Management Program



### Our 3-Step Approach to Pain Management

The Kinetex Chronic Pain Management Program was created by Kinetex professionals. It is designed to help you:

- Understand the pain process
- Become aware of how your own habits may be adding to your pain
- Learn new and adaptive patterns of coping with pain, decreasing discomfort, depression, and anxiety

### Do you have chronic pain?

- Are you in pain and it won't go away?
- Do you blame others for your pain?
- Do you feel that your doctors have failed you?
- Do you feel that nobody understands your problem?
- Is your life disrupted by constant discomfort?
- Do you feel that society has failed you because it's not easy to find help?
- Are you sad, angry, and anxious?



### Each Week You Will

- learn new information and strategies for pain management
- practice effective techniques to help you manage pain
- share in group discussion about problems and coping with pain
- participate in relaxation training and stress management
- take home practical exercises and activities to carry out during the week



## Topics Covered in this 10 Session Course Include:

- recognizing your personal pain triggers
- learning what really increases and decreases pain
- developing effective problem solving and coping strategies
- changing habits of physical and mental tension that hinder your progress
- practicing effective relaxation and exercise techniques
- making life-enhancing choices for healthier eating, sleeping, and exercises
- rebuilding your stamina
- understanding pain medication and tranquilizers

## Are You Ready?

The Kinetex Chronic Pain Management Program is not a “quick fix” and it is not passive therapy. It is an **active** program that will require your time and effort to be successful.

During the course you will learn about the physical, emotional, and cognitive contributors to pain.

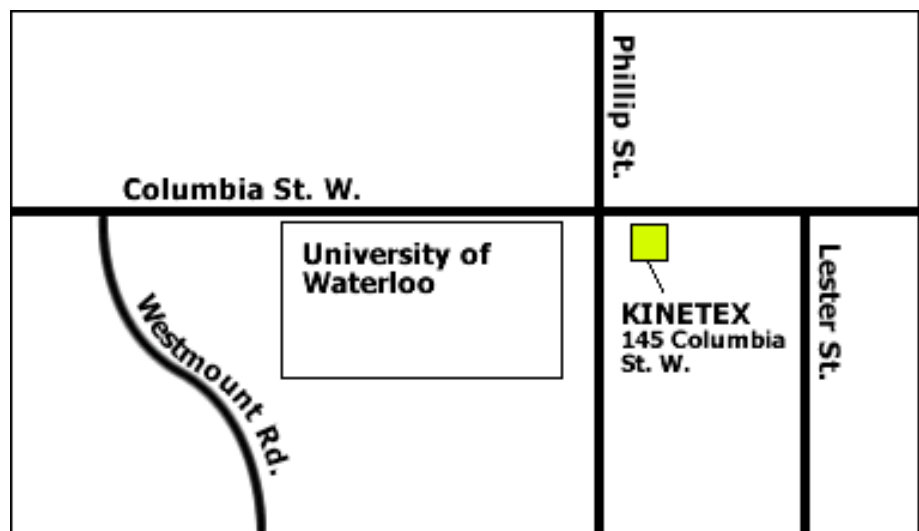
By the end of the program you will have learned skills that you can continue to use to manage pain and enhance the quality of your life.

## How to Register

Each 90 minutes session will be held at Kinetex. Pre-registration is required. To apply for pre-registration, please call us at 519-725-2641 or contact us online at <http://www.kinetexrehab.com> and click the “Contact Us” link.

## How to Find Us

Kinetex is located at 145 Columbia St in Waterloo, Ontario (near the University of Waterloo).



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