

Marianjoy
Rehabilitation Hospital

Now part of

M Northwestern
Medicine®

INTEGRATIVE PAIN TREATMENT CENTER

Offering Solutions for The Management of Pain



HEADACHES • BACK AND NECK PAIN • FIBROMYALGIA
MYOFASCIAL PAIN • ARTHRITIS • SPINAL STENOSIS
JOINT PAIN • HEADACHES • BACK AND NECK PAIN
FIBROMYALGIA • MYOFASCIAL PAIN • ARTHRITIS •
SPINAL STENOSIS • JOINT PAIN • HEADACHES
BACK AND NECK PAIN • FIBROMYALGIA • MYOFASCIAL
PAIN • ARTHRITIS • SPINAL STENOSIS • JOINT PAIN
HEADACHES • BACK AND NECK PAIN • FIBROMYALGIA



THE ONLY CARF ACCREDITED
PAIN PROGRAM IN ILLINOIS

Marianjoy Solutions for the Management of Pain

Chronic pain interferes with the daily lives of 76 million people in the U.S. and accounts for 50 million lost work days every year. For some, it means spending between one quarter to half of their day resting and recuperating from normal activities.

The Marianjoy Integrative Pain Treatment Center in Oakbrook Terrace, Illinois, offers specialized programs to help individuals with chronic pain learn to manage their pain and regain functionality. The programs are designed for people who are willing to accept a “management” instead of “curative” philosophy for chronic pain.



When is Pain Management the Right Choice?

Individuals who are experiencing any of the following may benefit from Marianjoy’s Integrative Pain Treatment Program:

- Pain that continues beyond the typical duration of a particular diagnosis
- Persistent pain after surgery despite treatment
- Prescribed medications have not been effective
- Recurring pain, tenderness or altered sensation
- Conventional treatment methods have been unsuccessful
- Pain impacts all aspects of everyday life
- Limitations in work, home or leisure activities
- Downtime (frequent/prolonged rest) interferes with day-to-day function
- Disrupted sleep patterns
- Pain that disturbs attention, concentration or memory
- Pain that affects mood
- Non-cancer pain

Effective Treatments for Painful Conditions

As the only CARF-accredited pain program in Illinois, our physicians and clinicians have extensive experience in treating the debilitating effects of chronic pain while offering solutions to maximize function.

Common Pain Diagnoses

For over 30 years, Marianjoy's pain treatment professionals have been successfully treating individuals experiencing pain due to:

- Arthritis
- Central pain syndrome (i.e., phantom limb pain, post-stroke pain)
- Complex Regional Pain Syndrome (known as CRPS or RSD)
- Facet joint dysfunction
- Fibromyalgia
- Joint pain
- Myofascial pain
- Neck or back pain
- Nerve-related pain
- Pelvic pain
- Peripheral neuropathy
- Persistent headaches
- Persistent post-surgical pain
- Persistent radicular pain of spinal stenosis, arachnoiditis, herniated disc
- Post concussive headaches
- Sacroiliac joint dysfunction
- Spinal cord injury pain
- Temporomandibular Joint Dysfunction (TMJ)
- Whiplash injury

Effective Treatments

Using a variety of techniques, our clinicians work to design a treatment plan that works best for each patient. Services provided may include:

- Acupuncture
- Acupressure
- ASTYM®
- Biofeedback
- Cold laser
- Cognitive-behavioral treatment for pain and sleep
- Cranio-sacral therapy
- Functional activity training
- Graded motor imagery
- Joint mobilization
- Instruction in individualized exercise programs
- Instruction in pain coping strategies
- Medication management
 - TP Injections
 - Neural prolotherapy
 - Prolotherapy
- Muscle energy techniques
- Myofascial release
- Neuromuscular re-education (retraining of muscles)
- Neurosensorimotor retraining
- Pain management techniques
- Posture and body mechanics
- Rehabilitative ultrasound imaging
- Sleep positioning and habits
- Soft tissue mobilization
- Support group

The Integrative Pain Treatment Center Tailors Treatment Plans to Meet Individual Needs

Comprehensive Pain Management Programs

The Marianjoy Integrative Pain Treatment Center offers two programs* designed to increase an individual’s level of daily functioning and endurance, and decrease their reliance on medications. The programs decrease pain, improve quality of life, and teach the use of life-long pain management skills.

These 21-day structured outpatient programs are designed for individuals who are experiencing significant downtime and lifestyle alterations due to pain.

The Comprehensive Pain Management Program

This intensive program focuses on helping people manage chronic pain so they can be restored to a lifestyle of function and mobility. This program is for individuals who are unable to perform daily activities and/or are no longer able to work. Individuals enrolled in this program will receive 6-7 hours of therapy per day.

The Morning Solutions Program

This less intensive pain management program is for people who are not able to tolerate the longer more intensive program, or people who are at a higher level and do not require the more intensive program. Individuals enrolled in the program receive four hours of therapy per day. This program allows individuals to continue to work.

*Our pain management physicians will determine the appropriate program.

One-on-One Pain Management Treatment

Our Integrative Pain Treatment Center offers individual therapies on an outpatient basis for people with pain at our Oakbrook Terrace facility.

One-on-One Physical Therapy Sessions

These physical therapy sessions are helpful in pain management, improving daily function and maximizing mobility. A therapist will spend one full hour (60 minutes) dedicated to focusing on the unique needs of each patient. All Marianjoy physical therapists are licensed, trained in manual therapy, and specialize in pain treatment.

Individual Psychology Sessions Addressing Pain Management

A unique feature of the Marianjoy Integrative Pain Treatment Center includes a licensed psychologist specializing in pain treatment. Individuals learn coping skills, relaxation techniques, and behavioral management which are helpful when returning to everyday activities.

Comprehensive Pain Evaluation

This interdisciplinary evaluation can be requested to provide the referring physician with a comprehensive review of the patient’s condition, pain, and functional status in order to facilitate medical decision making. The evaluation is conducted by a team consisting of a physiatrist, a psychologist, and a physical therapist.

Innovative Treatments

Our Integrative Pain Treatment Center offers these innovative therapies for people with acute or subacute pain at our Oakbrook Terrace facility.

Biofeedback

Biofeedback is a non-invasive therapy technique that enables individuals to improve bodily impulse control to improve health and physical function. Biofeedback uses electronic measuring devices to monitor body functions such as:

- Muscle tension
- Breathing rate
- Heart rate and heart rate variability
- Skin temperature
- Galvanic skin resistance

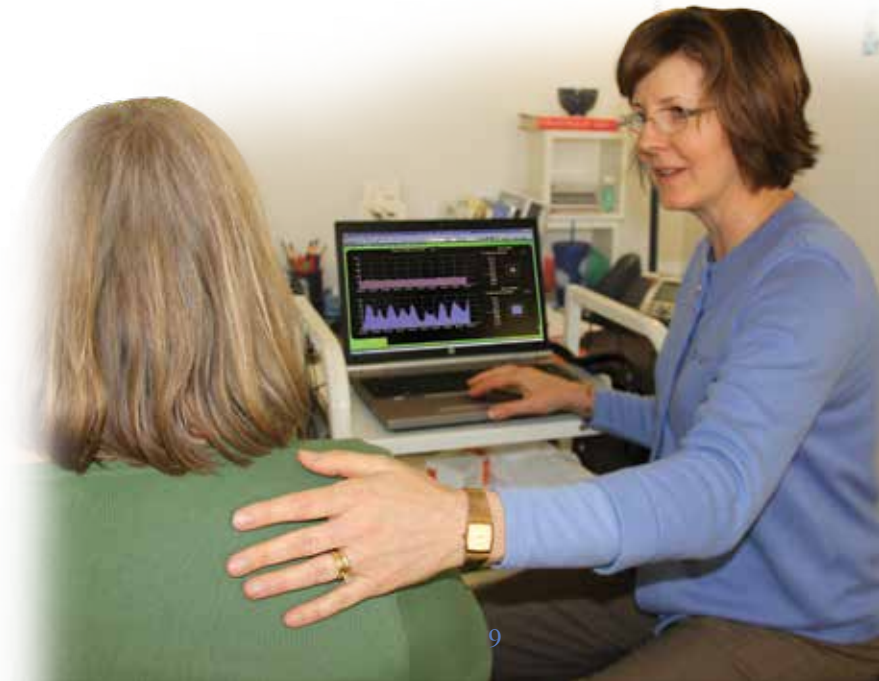


Using the data received from biofeedback, a physical therapist helps individuals modify responses to pain and stress within everyday life. An individual might be guided to:

- Sense muscle tension and move in new ways
- Breathe deeper and fuller, from the low belly
- Relax limbs in order to warm them
- Find synchrony between breathing and heart rate

Research has shown biofeedback to be effective in the following conditions:

- Headache including migraine, tension, and cluster
- Low back pain
- Postural issues, including forward head positioning
- Breathing issues related to pain
- Myofascial pain syndrome
- Muscle tension issues including over-use injuries, such as carpal tunnel syndrome
- Coordination and balance issues
- Stroke or brain injury rehabilitation
- Phantom limb pain
- Raynaud's syndrome



The ASTYM® System

The ASTYM system (A-STIM), developed by experienced medical professionals, addresses scarring, fibrosis and degenerative soft tissue issues that often result from trauma, surgery or overuse. The ASTYM treatment technique stimulates the body to heal properly, regenerate soft tissue, decrease pain, and improve tissue and joint mobility. ASTYM is effective for new injuries as well as chronic, nagging conditions.



Rehabilitative Ultrasound Imaging (RUSI) for Low Back Pain

Treatment using Rehabilitative Ultrasound Imaging (RUSI) therapy can result in an improved recovery and improve the activity levels in patients experiencing lower back pain. Research* has shown that training with RUSI can decrease recurrence of back pain by 54% in the first year after injury and by 40% for the following 2-3 years.*

* Hides et al, 2001; Costa et al, 2009



A Dedicated Team

According to the American Pain Society, pain is the second leading cause of medically-related work absenteeism, resulting in more than 50 million lost workdays each year.

The Marianjoy Integrative Pain Management Team understands that pain can affect every aspect of your life. In an effort to improve life quality, our team works with you to establish goals that are meaningful so you can resume the activities you love and return joy to your life. Our team listens to your concerns and incorporates the best aspects of traditional and non-traditional treatments to help you attain these goals.. The Marianjoy Integrative Pain Management Team has over 35 years of experience providing exceptional, compassionate care in the management of chronic pain.

What You Can Expect:

- A full evaluation performed by a Marianjoy Medical Group physiatrist specializing in pain management
- A program designed specifically to meet the needs of each patient
- Individualized, structured physical therapy and psychology including one-on-one and group therapy sessions
- Education sessions offering information, resources, and support



How to Refer or Make an Appointment

Referral Process

If you think you or someone else may be a candidate for our program, an appointment may be scheduled with a physiatrist in the Marianjoy Medical Group at Oakbrook Terrace or other Marianjoy Medical Group locations. After completing a thorough pain evaluation, the doctor will devise an individualized treatment plan.

We work with insurers to determine the level of benefits for pain management services.

We encourage our patients to ask their insurance provider about coverage for physical therapy and psychology in the event those services are needed as part of the rehabilitation process.

Physician Evaluation Appointment

To schedule an evaluation appointment with a board-certified physiatrist at the Integrative Pain Treatment Center, please call 630-909-6500. A referral from a primary care physician is preferred but not required to make an appointment.

Therapy Appointment

To schedule one-on-one physical therapy with a therapist specializing in pain management, please call 630-909-6500. A physician prescription is required.

Psychology Appointment

To schedule an appointment with a psychologist specializing in pain management, please call 630-909-6500. A physician prescription is recommended.

For More Information

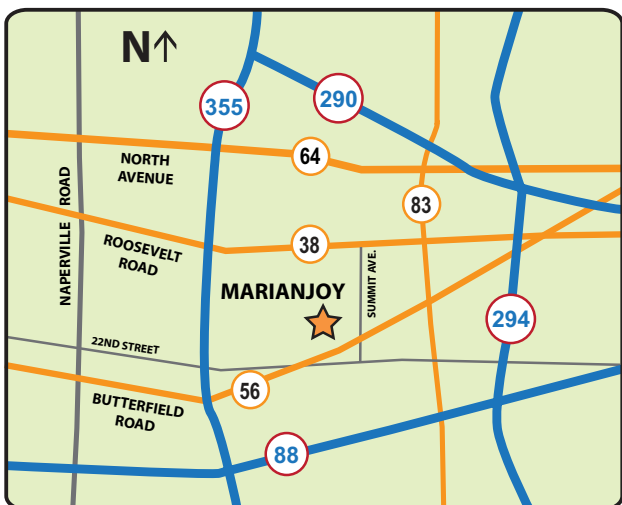
For more information on the Integrative Pain Treatment Program, Morning Solutions or any other services offered through the Marianjoy Integrative Pain Treatment Center, please call 630-909-6500. You may also visit www.PainTreatmentProgram.com or www.Marianjoy.org.



Marianjoy Chronic Pain Support Group

The Chronic Pain Support Group is for individuals living with chronic pain who are looking for support and who are willing to provide support to others. It is attended by individuals diagnosed with a variety of pain conditions such as fibromyalgia, arthritis and joint dysfunction, back pain, and chronic headaches. For more information, call 630-909-6500.

This support group meets at the Oakbrook Terrace location and is offered free to the community.



Marianjoy's Oakbrook Terrace Outpatient Campus provides a variety of rehabilitation services – Integrated Pain Management Program, Physical Therapy, Occupational Therapy, and Speech Therapy – with specific specialty services for Brain Injury including a Day Rehabilitation Program.

Additional services include Balance & Vestibular Therapy, Upper Extremity Lymphedema, Sports Injuries, and Pelvic Health.

Marianjoy's expert clinicians offer comprehensive outpatient services for all physical rehabilitation diagnoses. A full-time physiatrist in physical medicine and rehabilitation is available on-site to evaluate and develop specific treatment plans for each patient.

Conveniently located near the intersection of Butterfield Road and Summit Avenue, Marianjoy at Oakbrook Terrace is just minutes from Oak Brook Shopping Center and I-88.

Marianjoy Rehabilitation Hospital

Now part of



17W682 Butterfield Road
Oakbrook Terrace, Illinois 60181

630-909-6500

www.PainTreatmentProgram.com