

THE PATH TO SUCCESSFUL PAIN MANAGEMENT

Starting treatment at Nebraska Medicine's Pain Management Program has never been easier. We accept self-referrals as well as physician referrals. All new patients undergo a thorough screening evaluation and consultation with members of the Pain Management Program to determine if they are appropriate for treatment. We also assist patients with the insurance authorization process.



PHYSICAL THERAPY AND PHYSICAL REACTIVATION

The primary goal of this part of the program is to improve physical functioning to a level consistent with a patient's age, medical and physical status. The emphasis is on teaching people how to function best in their home, work and leisure activities. Physical therapy interventions include flexibility programs, cardiovascular exercise and manual therapy. Participants also attend seminars on topics related to physical pain management such as pacing, avoiding inactivity, retraining over-active nerve tissue and appropriate home exercise.

MEDICATION MANAGEMENT PROGRAM

At the beginning of treatment, the effectiveness and potential side effects of each patient's pain medications is thoroughly evaluated. Medication treatment protocols will be designed and implemented with a goal of reducing pain and any medication-related functional issues. Medications taken for other medical problems, such as high blood pressure or diabetes, are not altered while in the program and are managed by the patient's primary physician.

PSYCHOLOGICAL AND SOCIAL CONSIDERATIONS

All psychology services are provided by licensed psychologists. Treatment is provided individually and in groups. Psychologists address pain and stress management, family relationships, interpersonal communication and emotional issues related to chronic pain. Participants are taught to identify sources of stress related to their pain, as well as adaptive thinking skills and relaxation techniques. Psychologists work with each patient's family to teach them supportive ways to encourage healthy and active behavior in those with chronic pain. Because many individuals with chronic pain become depressed or anxious, individual sessions in psychology are designed to help improve the patient's mood.

DOES IT REALLY WORK?

Research consistently supports the effectiveness and economic value of interdisciplinary pain management, illustrating why it should be the treatment of choice for patients seeking a long-term solution for their pain. While most research studying the effectiveness of pain medications only spans a period of weeks or months, research at our program has found that the majority of our patients **continue to manage pain successfully even two and a half years after treatment.**

Our patients make impressive strides in their physical conditioning and on average will leave the program with a walking tolerance four times greater than when they began treatment. They frequently see improvement in depression and more than double their rate for returning to work. Our patients consistently complete the program with substantial reductions in their pain levels while improving their functioning in various important life activities.



Discover long-term solutions for your pain





PROGRAM PHILOSOPHY

The Pain Management Program is an interdisciplinary treatment program designed to help individuals successfully manage chronic pain and improve their quality of life. Our team of health care providers have been helping people manage their pain for over 40 years, combining tried and true approaches with cutting-edge pain rehabilitation strategies.

The staff has experience working with all types of pain conditions and the program has distinguished itself as one of the first pain management programs in the world and the only interdisciplinary pain program in the region. Treatment is tailored to the needs of each patient and promotes overall wellness and functioning. Since each patient is different, a variety of treatment options and levels of intensity are offered.

PROGRAM OPTIONS

Pain services are provided in a comprehensive and integrated format by clinical psychologists, physical therapists, nurses and physicians. A team approach is utilized throughout the patient's care, with the patient being a valued and instrumental member of the teams.



Three program options

A variety of program choices are offered. All programs include physical therapy and pain psychology services:

- Coordinated Outpatient Care
- Three Week Program
- Four Week Program

The primary focus of the program is to help patients reduce the suffering and disabilities associated with pain and cope more effectively with pain-related problems. Treatment involves three components occurring simultaneously:

- Physical Therapy and Physical Reactivation
- Medication Management Program
 - Three Week Program
 - Four Week Program
- Psychological and Social Considerations

CONTACT US

Physical Location

Nebraska Medicine
Pain Management Program
Specialty Services Pavilion, 5th floor

Driving Directions

- Use 4400 Emile St., Omaha, NE 68105 in your GPS device.
- Please utilize complimentary valet parking Monday through Friday between the hours of 5:30 a.m. to 7 p.m. available in front of the Durham Outpatient Center circle drive.
- For self-park, please use the green parking structure located at the intersection of 45th and Emile streets.
- Follow the signs to the Specialty Services Pavilion.

Mailing Address

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NebraskaMed.com/pain-management



PAIN MANAGEMENT PROGRAM

Interdisciplinary Treatment of Chronic Pain



SERIOUS MEDICINE. EXTRAORDINARY CARE.™

