Often doctors do not have the “easy” cure for pain problems. Medical procedures and medications can bring only short-term relief for chronic pain and can have more risk of side effects. If you have had all the expert evaluations, diagnostic tests and tried several medical treatments, but your pain is still there, and you are still not living your life the way you would like, let’s try a new approach.

Once pain develops into a chronic problem, which means it has been there for longer than 6 months, a self-management approach has been proven more successful. In this program you will learn to help yourself with pain and we will focus on improving your daily activities and living a more fulfilled life. Throughout the program, you will be looking at chronic pain from a different perspective, as you’ll learn about what things in life are adding to the pain and how to address them. You will be asking yourself: what can I do to make it better? Self-management means discovering ways of living, even with pain.

The Pain Rehabilitation Program (PRP) is a 5-day program from 8:30am - 12:30pm on a specific week of the month. You will be participating in small groups with other people who have chronic pain. Some examples of the groups are movement classes, coping skills, relaxation training and other important educational information.

Beaumont Health and Wellness Center
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ASK YOUR DOCTOR HOW YOU CAN REGISTER TODAY!