

Groups Pathway

Orientation: *First contact for client at the centre*

When: One 2 hour session

Taught by: Dietician, Nurse, Kinesiologist, Occupational Therapist, Physical Therapist, Physician
Psychologist or Social Worker

Content Goals:

- Provide an overview of the centre, programs and staff
- Clarify who could benefit from our services and describe the responsibilities of the clients and staff
- Provide information about chronic pain, its impact and the strategies we teach for managing pain
- Describe pathways to graduation

Explaining Pain: *Must be completed before all other groups*

When: One 2 hour session

Taught by: Dietician, Nurse, Kinesiologist, Occupational Therapist, Physical Therapist, Physician
Psychologist or Social Worker

Content Goals:

- Improve understanding of the neurobiology of pain
- Provide current knowledge about the causes of chronic or persistent pain
- Increase client's awareness of the adaptability of our nervous system
- Provide a brief review of strategies that improve their ability to influence the pain experience

Goals Group: *Explaining Pain must be completed first*

When: Weekly for two 1.5 hour sessions

Taught by: Dietician, Nurse, Kinesiologist, Occupational Therapist, Physical Therapist, Physician,
Psychologist or Social Worker

Content Goals:

- Develop goal setting and problem solving skills
- Identify sabotages and barriers for goal attainment
- Identify one to two goals which will initially guide CPC program
- Options for setting further goals as participate

Rehabilitation Groups

Smart Moves: *Both Explaining Pain and Goals Group must be completed first*

When: Weekly for four 1.5 hour sessions

Taught by: Kinesiologist, Occupational Therapist, Physical Therapist, or Dietician

Content Goals:

- Provide practical strategies to facilitate achievement of goals related to activity
- Establish and increase activity tolerances
- Provide suggestions for modification of activities
- Introduce the importance of nutrition
- Address posture and positioning during activities, including patterns of activity and pacing

Mastering Activity: *Smart Moves must be completed first*

When: Weekly for three 1.5 hour sessions.

Taught by: Occupational Therapist

Content Goals:

- Apply physical and psychological coping strategies to priority activities
- Use these, as well as appropriate adaptive equipment while doing actual activities
- Increase confidence and satisfaction in abilities by completing activities in a manageable way

Aqua Therapy Group: *Smart Moves and a Physical Therapy assessment must be completed first*

When: Weekly for four 1 hour sessions

Instructed By: Kinesiologist

Content Goals:

- Instruct participants on water-based exercises to improve aerobic endurance, core stability, strength and flexibility
- Educate participants on how to develop a water-based exercise program to follow in community facilities

Core Fundamentals – Upper: *Smart Moves*

When: Biweekly for four 1.5 hour sessions

Taught By: Kinesiologist or Physical Therapist

Content Goals:

- Educate participants on postural awareness and how to achieve neutral spine in various positions
- Develop core strength in the upper quadrant of the body
- Learn stretches for major muscle groups that often prevent individuals from achieving neutral spine
- Practice functional activities requiring neutral spine and using muscle groups strengthened in class

Core Fundamentals – Lower: *Smart Moves*

When: Biweekly for four 1.5 hour sessions

Taught By: Kinesiologist or Physical Therapist

Content Goals:

- Educate participants on postural awareness and how to achieve neutral spine in various positions
- Develop core strength in the lower quadrant of the body
- Learn stretches for major muscle groups that often prevent individuals from achieving neutral spine
- Practice functional activities requiring neutral spine and using muscle groups strengthened in class

Core Fundamentals – Pelvic: *Smart Moves*

When: Weekly for four 1.5 hour sessions

Instructed By: Kinesiologist or Physical Therapist from Pelvic Team

Content Goals:

- Educate participants on postural awareness and how to achieve neutral spine in various positions.
- Develop awareness of the pelvic floor
- Learn stretches for major muscle groups that often prevent individuals from achieving neutral spine
- Instruction on exercises to recruit the core muscles, protect the pelvic floor, and improve function

Functional Recovery Group: *Smart Moves and Kinesiology, Occupational Therapy and Physical Therapy assessments must be completed first*

When: Two sessions available each week, continuous entry and exit

Instructed By: Kinesiologist or Occupational Therapist

Content Goals:

- Provide a supervised environment to work towards functional goals as identified by participants
- Instruct participants on various methods to build strength, endurance and tolerances for specific tasks or activities

Pelvic Stretch Group: *Smart Moves and a Physical Therapy assessment must be completed first*

When: Weekly for three 1 hour sessions

Instructed By: Pelvic Team Kinesiologist

Content Goals:

- Teach participants with pelvic pain individualized therapeutic stretching techniques
- Allow participants to develop the skills to assess their own myofascial tightness and treat accordingly

Stretch Group – Upper & Lower: *Smart Moves and a Physical Therapy assessment must be completed first*

When: Weekly for four 1 hour sessions (2 sessions target the upper body,
2 sessions target the lower body)

Instructed By: Kinesiologist

Content Goals:

- Teach participants individualized therapeutic stretching techniques
- Allow participants to develop the skills to assess their own myofascial tightness and treat accordingly

Trigger Point: *Smart Moves and a Physical Therapy assessment must be completed first*

When: Weekly for four 1 hour sessions

Instructed By: Physical Therapist

Content Goals:

- Educate participants on what a trigger point is, why they occur and how they can be treated
- Instruct participants on self trigger point release for major muscle groups using equipment such as a shepherd's hook, tennis balls, and foam balls

Psychoeducational Groups

Relaxation: *Explaining Pain and Goals Group must be completed first*

When: Weekly for six 1 hour sessions

Taught by: Occupational Therapist, Psychologist, or Social Worker

Content Goals:

- Improve understanding of the stress and relaxation responses
- Practice six relaxation strategies

Self-Management: *Explaining Pain and Goals Group must be completed first*

When: Weekly for eight 2 hour sessions

Taught by: Occupational Therapist, Psychologist, or Social Worker

Content Goals:

- Improve understanding of self-management strategies for pain.
- Introduce the Big 5 Skills: Self-monitoring, pacing, relaxation, self-talk, and communication
- Discuss the theory and practical application of self-management strategies

Family Workshop: *For client and spouse/partner, adult child, parent, other family member, Or friend. A Psychology assessment is required first.*

When: One 3 hour session

Taught by: Psychologist or Social Worker (two leaders for each workshop)

Content Goals:

- Provide an opportunity to have conversations about pain
- Discuss the influence of pain on relationships including cultural expectations
- Explore strategies that protect relationships from the impact of pain

Intimacy: *For women only. Self-Management and a Psychology assessment must be completed first.*

When: Weekly for four 1.5 hour sessions

Taught by: Occupational Therapist, Physical Therapist, or Psychologist (two leaders for each session)

Content Goals:

- Learn about the impact of pain on sexual function
- Explore strategies to manage pain around sexual activity
- Improve enjoyment and satisfaction with sexual activity

Self-Management Maintenance: *Self-Management and a Psychology assessment must be completed first*

When: Biweekly 1.5 hour sessions, continuous entry and exit
A minimum three month commitment is required, to a maximum of one year

Taught by: Occupational Therapist, or Psychologist (two leaders for each session)

Content Goals:

- Discuss ongoing use of self-management strategies
- Set goals for both improving and consistently using self-management skills

Sleep: *Self-Management and a Psychology assessment must be completed first*

When: Five 1.5 hour sessions over eight weeks

Taught by: Occupational Therapist, Psychologist or Social Worker

Content Goals:

- Educate clients about sleep stages, causes of poor sleep and how to use a daily sleep diary
- Explore strategies for influencing sleep including sleep restriction
- Encourage the creation of a daily sleep plan and relapse plan