

Learning Services has been a leading provider of post-acute rehabilitation for adults who have experienced traumatic brain injuries for over 30 years. Studies indicate that 50% of the population served in our programs experience chronic pain conditions. Our team of rehabilitation experts has been treating chronic pain in the context of catastrophic injuries for years, in order to maximize functioning and quality of life. Our team has taken an individualized approach to evidence-based methods for pain rehabilitation for those with traumatic brain injuries, which is successfully reflected in our overall outcomes.

Given the success of this treatment team, we are expanding our pain rehabilitation services in order to be able to provide pain rehabilitation services to a broader range of individuals in need of effective rehabilitation for disabling chronic pain. Our model of pain rehabilitation is focused on reducing dependence on expensive and ineffective medication and surgical interventions for pain relief, and empowering individuals to self-manage pain in a way that promotes improved function and quality of life.

The Learning Services Pain Rehabilitation Program is an intensive residential program focused on providing integrated interdisciplinary rehabilitation to individuals experiencing chronic pain that limits optimal functioning. The goal of our program is to utilize a coordinated biopsychosocial approach to help individuals maximize their functioning and improve quality of life. A rehabilitation model is used with an emphasis in the following areas:

- Minimizing/eliminating opioid medications
- Progressively increasing physical activity and endurance
- Restructuring of cognitions and beliefs that contribute to chronic pain cycle
- Learning and practicing evidence-based stress management techniques
- Reducing behaviors that contribute to pain disability
- Sleep hygiene
- Improving relationships, family training
- Returning to work or regular daily activities
- Resuming recreation and leisure activities
- Self-management of pain in place of reliance on medical interventions

The Pain Rehabilitation Program is carried out by an in-house interdisciplinary team through a single individualized treatment plan, coordinated by a dedicated case manager. Team members include:

- Physician (Physiatrist, Neuropsychiatrist)
- Nurse
- Case Manager
- Psychologists
- Behavior Analyst
- Physical Therapists
- Occupational Therapists
- Recreational Therapists
- Other disciplines as indicated: Speech Therapist, Dietician, etc.

For more information or to make a referral,
call **888-419-9955** or visit our website
www.learningservices.com.

Our team tailors each treatment plan to the individual needs of each client. Multiple modalities of treatment are utilized including education, individual sessions, and group sessions. Interventions and activities do not focus on exploring and eliminating causes of pain, but instead focus on how to get back to normal activities and improve function despite pain. The Pain Rehabilitation Program also serves individuals with chronic pain and no history of brain injury.

Appropriate Referrals:

- Individuals experiencing chronic pain of sufficient severity to interfere daily social, vocational, and/or interpersonal activities.
- Individuals whose duration of impairing chronic pain is six months or more OR clinical indication that chronic pain of a shorter duration will likely manifest into a chronic condition.
- The individual is not an imminent danger to self or others.
- Demonstration of adequate motivation to proceed with a rehabilitation approach to management of pain, including willingness to discontinue narcotic medications and/or substances of abuse.
- Individuals with chronic pain and a history of brain injury will be referred directly to our Residential Brain Injury Program.



Currently being offered in our Creedmoor, NC location:

800 Recovery Drive | Creedmoor, NC 27522 | T: 919.255.9595 F: 919.255.9238



Learning Services is committed to providing the highest level of care for people with Acquired Brain Injuries. We have earned accreditation from the prestigious Commission on the Accreditation of Rehabilitation Facilities (CARF), which sets high standards for programs in the brain injury care industry. Learning Services has achieved a 3 year accreditation from CARF under the classification: Residential Rehabilitation Programs: Brain Injury Programs (Adult).

*CARF accreditation is subject to change. For more information on CARF accreditation, please visit learningservices.com/carf.

PAIN REHABILITATION
PROGRAM