SWEDISH

OUTPATIENT REHABILITATION SERVICES

The Pain Puzzle:

Empowering You to Put the Pieces Together

It hurts! But why? What happens in the body when you are in pain? Medical researchers studying pain have discovered important new answers to this question that can help you reduce and manage pain more effectively. This two-class program gives you the latest facts about pain and treatment choices that help you heal.

Learn About:

- The nervous system
- Pain pathways in the body, spinal cord and brain
- Types of pain

Understand How:

- The brain activates when the body is in pain
- Nerves communicate and become sensitive
- To optimize your nervous system activity and reduce nerve sensitivity

About Our Instructor:

Carolyn McManus, MPT, MS, MA, has specialized in the care of people with chronic pain for over 25 years. An author, researcher and nationally recognized expert in the non-drug treatment of pain, she developed this educational program to help you understand what happens when you are in pain and empower you to take control.

Other Program Information:

The Pain Puzzle takes place in the conference room of the Outpatient Rehabilitation Services, Swedish/First Hill, 1101 Madison Suite 200, Seattle, WA 98104. Each class is 2½ hours long, with a week between the first and second class.

This program is billed to your insurance carrier as a group physical therapy visit and may be covered under your physical therapy benefits. If your insurance requires you to submit a physician's referral for physical therapy you will need to obtain that referral from your physician.

For class dates and to register, *please call Swedish Outpatient Rehabilitation Services at* ***206-386-2035****.*

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