Mayo Comprehensive Pain Rehabilitation Center

Chronic Pain
Chronic pain refers to pain which does not get better with time or treatment. Chronic pain may affect a specific part of the body, such as low back pain, headaches, wrist/hand pain or face/TMJ pain. It may also involve many body regions at once, as in fibromyalgia or fibrositis. Chronic pain can develop from clearly identified causes or diseases, such as injuries, osteoarthritis, or multiple sclerosis. Other types of chronic pain are poorly understood. Examples include tension headaches and phantom limb pain.

Chronic Pain and Rehabilitation
Regardless of the specific location or cause of chronic pain, many patients who suffer from this distressing condition develop difficulty functioning in daily activities. Many also experience occupational disability, depression, drug-related complications and diminished quality of life in general.

All too often specific forms of pain treatment, such as medications, injections or surgery, do little to relieve the chronic pain itself or the long-term suffering and disability which develops. Patients, their families and their doctors can become disillusioned and frustrated. Pain rehabilitation programs offer hope and specific assistance in reversing the downward course of this illness.

Pain Rehabilitation Center
The Pain Rehabilitation Center provides comprehensive, multidisciplinary rehabilitative therapy for patients suffering from chronic pain. In this program, a team of healthcare professionals works intensively with patients and their families to help develop and achieve goals for return to an active, productive and fulfilling life.

Goals of Pain Rehabilitation
- improve quality of life
- increase physical strength, stamina and flexibility
- return to regular daily activities
- reduce use of pain medications
- minimize pain behaviors
- learn stress management techniques
- return to gainful employment
- resume leisure and recreational activities
- improve interpersonal relationships
- reduce reliance on healthcare professionals, with improved ability to self-manage chronic pain
Candidate for Admission
Candidates for admission to the Pain Rehabilitation Center have chronic pain as a major health problem and have typically experienced a significant decline in functional abilities and quality of life due to their pain. Candidates must have had a previous medical evaluation of their pain problem, as well an evaluation of their general health, either at Mayo Clinic or by their personal physician. The purpose of this program is to provide pain management/rehabilitation therapies, and not to undertake another diagnostic evaluation. Candidates must be able to attend on a full-day outpatient basis.

Outpatient Program, Daily Schedule and Length of Stay
The Pain Rehabilitation Center is an outpatient program. Patients are active in the program from 7:45 a.m. until late afternoon, Monday through Friday. The length of stay in the program is usually 15 to 18 working days, depending on patient needs and progress toward individualized treatment goals. Local patients stay at home at night, and those from outside the local area stay at hotels, motels and rooming houses. Such arrangements are easily made, and program staff are available to assist with questions about accommodations.

Insurance Approval and Admission
Most health insurance plans require prior approval before admission to the Pain Rehabilitation Center can be scheduled. As this may result in delays in receiving necessary care, advance planning is strongly recommended. Following evaluation, if admission to the program is to be scheduled, a representative from Mayo Clinic’s insurance office will contact you and your insurance carrier. Admission will be confirmed after these arrangements have been completed.

Pain Rehabilitation Center Treatment Team
The experienced team of healthcare professionals who care for patients with chronic pain at the Pain Rehabilitation Center includes:

- physicians
- psychologists
- program coordinator
- primary care coordinators
- nurses
- physical therapists
- occupational therapists
- chemical health counselors
- secretarial staff
- dietitian
- chaplain
- other medical specialists