

## Working Together to Change Lives



www.ocpainandwellness.com 949-999-3631

### Functional Restoration Program

July 2016



### How do you measure success?

#### Chronic pain programs (Functional Restoration Programs)

Recommended where there is access to programs with proven successful outcomes, for patients with conditions that put them at risk of delayed recovery..... Chronic Pain Medical Treatment

Guidelines. 8C.C.R. §§9792.20 – 9792.26

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When looking for a Functional Restoration Program, how do you measure proven successful outcomes? At OCPW we have a proven record of success. Here's just some of our success.

Outcome Data 2015

## **GRADUATE DEMOGRAPHICS**

Age Range: 28-76 years

Time since date of injury: 1978-2014, 36 year span

### **MEDICATION IMPROVEMENT OUTCOMES**

Average number of total medications per graduate at start of program: 5

Average number decrease of total medications per graduate at time of graduation: 1

Average number of discontinued medications per graduate at time of graduation: 2

- **Outcome: 100% of all graduates reduced or discontinued medications while in the program**

\*Medications used in calculations were industrial related only.

**Opioids:** 77% of patients who started the FRP were taking opioids.

Upon completion of the FRP, 48% of graduates **decreased** Opiate medications and 52% of graduates **discontinued** all Opiate medications.

The average MED (Morphine Equivalent Dose) of graduates on prescribed opiates at the start of the FRP = **70.8**

The average MED (Morphine Equivalent Dose) of graduates on prescribed opiates after completion of the FRP = **11.1**

- **Outcome: 84% decrease in MED upon completion of the FRP**

**Benzodiazepines:** 30% of patients starting the program were taking Benzodiazepines.

Upon completion of the FRP, 92% of those patients **decreased and/or discontinued** Benzodiazepines.

### **FUNCTIONAL IMPROVEMENT OUTCOMES**

Ability to Lift an Object Waist to Shoulder Pre-FRP: 20.6 lbs. x 5.6 reps

Ability to Lift an Object Waist to Shoulder Post-FRP: 56.5 lbs. x 10.1 reps

- **Outcome: 174% approximate increase in strength (pounds) at conclusion of program**
- **Outcome: 80% approximate increase in strength (repetitions) at conclusion of program**

Ability to Carry an Object Pre-FRP: 13.5 lbs., 497.7 feet

Ability to Carry an Object Post-FRP: 37.2 lbs., 747.7 feet

- **Outcome: 176% approximate increase in strength (pounds) at conclusion of program**
- **Outcome: 50% approximate increase in endurance (distance) at conclusion of program**

Cardiovascular Endurance (bike and/or treadmill) Pre-FRP: 43 minutes

Cardiovascular Endurance (bike and/or treadmill) Post-FRP: 84 minutes

- **Outcome: 95% approximate increase in endurance**

### **PSYCHOLOGICAL IMPROVEMENT OUTCOMES**

Beck Depression Index (BDI) Score Pre-FRP: 95.7 Moderate depressive symptoms

Beck Depression Index (BDI) Score Post-FRP: 58.6 Minimal depressive symptoms

- **Outcome: 38% Reduction in BDI test scores at conclusion of program**

Beck Anxiety Index (BAI) Score Pre-FRP: 22 Moderate anxiety symptoms

Beck Anxiety Index (BAI) Score Post-FRP: 16.7 Mild/Minimal anxiety symptoms

- **Outcome: 24% Reduction in BAI test scores at conclusion of program**

PASS-20 Score Pre-FRP: 211.9 Moderate anxiety symptoms

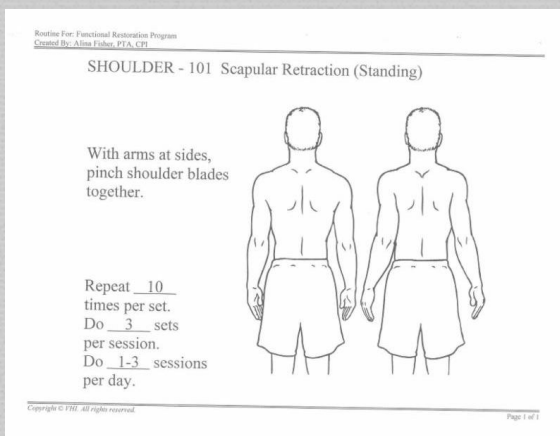
PASS-20 Score Post-FRP: 170.5 Mild anxiety symptoms

- **Outcome: 20% Reduction in PASS-20 scores at conclusion of program**

# Functional Restoration Program Graduate Testimonial

"Words cannot begin to describe how phenomenal the FRP program has been for me! It was absolutely life changing! A godsend! It wasn't a matter of taking away my chronic pain. FRP taught me to deal with it, giving me numerous tools to manage the pain and flare-ups without running to meds. All I needed was an open mind, to give it a shot! I'm med free, no longer live in the fog of opiates and sleeping pills, work out daily, manage flare-ups and have thankfully put so many stressful issues to rest. Everything I've learned I've applied and even healed other pieces of my life!

Every aspect of the program is amazing: chronic pain management, education on meds and detoxing, wellness- meditation, relaxation, yoga (my favorite,) physical therapy, functional therapy, art therapy (a big WOW for me,) nutrition, and, of course, the medical care. I did what I never expected, and am so grateful for the group of friends I made in the program, people who actually understand my pain and how I'm feeling. I can't wait for After Care. I already hang out with these friends outside the program. My life is soooooo absolutely changed for the better. I am happy, I exercise, I'm working, and I'm completely off meds. Even though I still have the chronic pain, I just deal with it so differently...positively! The program was my gift to have the life I thought I would never have after my injury. FRP and everyone involved, you are awesome, and I love you! Thanks for my new life!!!!"



## Physical Therapy/Functional Education

In the previous newsletter we discussed how pectoral tightness is widely common in majority of our patients. Partnered with pectoral stretching we emphasize the importance of strengthening the scapular retractors. Ideal posture may only be obtained with the combination of stretching and strengthening aspects.



## Tai Chi

Tai chi is a slow-motion, low-impact exercise. With participation it physically improves balance, coordination, flexibility, strength and stamina. Mentally Tai Chi is known for relieving stress, improving body awareness and at Orange County Pain and Wellness when done in a group setting it reduces social isolation

Tai Chi sessions at the Functional



The provided exercise requires no equipment and maybe be performed seated or standing. Those working at a desk can easily implement this strengthening exercise while your next email is being uploaded!



## Nutrition

### Healthy Fats

We all need fat in our diets in order for our bodies to work efficiently. Unfortunately, we tend to get too much saturated fat which can cause inflammation and therefore disease. The two main types of fat are SATURATED and UNSATURATED fats. Saturated fats come from animals and unsaturated fats come from plants except for coconut.

#### **Types of saturated fats:**

- Butter, cream, high-fat cheeses, cream cheese, marbling in red meat, egg yolks and whole milk.

#### Types of unsaturated fats:

- Corn oil, soybean oil, safflower oil, cottonseed oil, sunflower oil, canola oil, olive oil, peanut oil, avocado, nuts and seeds.

The best way to decrease your fat intake is to decrease the amount of saturated fat in your diet. The goal is to get your fat from plant sources versus animals. Cheese and other dairy products can contribute a lot of excess fat calories. Switch to almond milk in your coffee or tea versus creamers and aim for more fish versus red meat. Fish is naturally low in cholesterol & saturated fat.

### **ROASTED SALMON WITH ORANGE-HERB SAUCE**

-1 large orange, unpeeled, sliced

-1 large onion, halved, thinly sliced

-1 1/2 tablespoons olive oil

-6 3-ounce skinless salmon fillets

-3 tablespoons chopped fresh dill

-1/2 cup orange juice

-1/4 cup thinly sliced green onions

-1 1/2 tablespoons fresh lemon juice

Restoration Program begins with meditation for focusing the breath, posture and quieting the mind. Then leading into the Shibashi, a series of 18 specific movements taken from the Yang Tai Chi. These movements are primarily used to open the major joints and spine. Balance and Sun Style Tai Chi are incorporated to the remainder of the program.

While performing Tai Chi patients are encouraged to stand, increasing their weight bearing tolerances. Although patients presenting with limitations we are able to modify to optimize their benefits.



## Yoga Therapy/Wellness

Featured Restorative Posture: Supported Child's Pose

Start by lowering yourself slowly onto your hands and knees. Bring your big toes to touch and your knees wide apart. Place a bolster or pillow in between your thighs lengthwise. Lower your hips to your heels and bring your chest down, so that the bolster supports your torso and head. Turn your head to one side for 12 breaths and then to the other for 12 breaths. This is a wonderful posture to compress the stomach, which aids in digestion and elimination, and lengthen the spine.



-Additional unpeeled oranges/limes

### PREPARATION

-Preheat oven to 400°F. Place orange slices in single layer in 13x9x2-inch glass baking dish. Top with onion slices. Drizzle with oil. Sprinkle with salt and pepper. Roast until onion is brown and tender, about 25 minutes. Remove from oven. Increase oven temperature to 450°F.

-Push orange and onion slices to side of baking dish. Arrange salmon in center of dish. Sprinkle with salt, pepper and 1 1/2 tablespoons dill. Spoon orange and onion slices atop salmon. Roast until salmon is opaque in center, about 8 minutes.

-Meanwhile, mix orange juice, green onions, lemon juice and remaining 1 1/2 tablespoons dill in small bowl.

-Transfer salmon to platter. Spoon onion alongside; discard roasted orange slices. Pour orange sauce over fish. Garnish with additional orange slices.

perserving: calories, 196; total fat, 10 g; saturated fat, 1 g; cholesterol, 55 mg. Nutritional analysis provided by Bon Appétit

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August 17, 2016  
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Executives In Workers' Compensation Conference is a thoughtfully designed symposium where you will experience outstanding education and networking opportunities. It is open to executives, upper and middle management as well as the professional claim.

Exclusive 20% before May 1, 2016 for the Early Bird discount

## Upcoming Events:

### EWC Conference

We will be exhibiting at the EWC Conference August 17th, 2016 in Yorba Linda, Ca.

Stop by our booth to enter a drawing for a SpaFinder Gift Card.

The SpaFinder Gift Card is good at over 25,000 locations world wide!

### CWC Conference

We will be exhibiting the CWC Conference October 5-7, 2016 in Dana Point, Ca.

Stop by booth TT36 to enter a drawing for a SpaFinder Gift Card.

The Spa Finder Gift Card is good at over 25,000 locations world wide!

**CWC & Risk Conference**  
120 Speakers | 1700 Attendees | 150 Exhibitors

**Theme:** Masquerade Ball  
**Conference & Expo Dates:** 10/5/16-10/7/16  
**Charity Golf Tournament:** 10/4/16  
**Overflow Hotel:** Ritz Carlton, Laguna Niguel  
**Website:** www.cwcriskconference.org

**HOST HOTEL:**  
ST. REGIS  
RESORT  
DANA POINT, CA

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The information provided above is based on available outcomes for all patients who completed the program during the treatment period from 1/1/15 to 12/31/15.

Patients will be referred to as "graduates". Results were obtained from patient records, weekly case notes, and discharge summaries. These Outcome Results are intended to provide supportive data for the treatment programs carried out at the Orange County Pain and Wellness Functional Restoration Program only and are not intended to be generalized to any other related treatment center,



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