

Working Together to Change Lives



Functional Restoration Program

May 2016



What is Functional Restoration?

According to the MTUS guidelines:

Functional restoration is an established treatment approach that **aims to minimize the residual complaints and disability resulting from acute and/or chronic medical conditions**. Functional restoration can be considered if there is a **delay in return to work or a prolonged period of inactivity** according to ACOEM Practice Guidelines, 2nd Edition, page 92. Functional restoration is the process by which the individual acquires the **skills, knowledge and behavioral change** necessary to avoid preventable complications and assume or re-assume primary responsibility ("**locus of control**") for his/her physical and emotional well-being post injury. The individual thereby **maximizes functional independence and pursuit of vocational and avocational goals**, as measured by **functional improvement** (see 8 CCR § 9792.20 (f)).

Orange County Pain and Wellness Functional Restoration Program utilizes the true intent of the guidelines with the **Biopsychosocial model** of treatment. Call us today for more information on our program and track record of success.

949-999-3631 or potto@ocpain.com

Meet the OC Pain and Wellness Team:

Dr. Richard Paicius, MD - Medical Director

Dr. Michael Rudolph MD- Internal Medicine/Addiction Medicine

Samantha Miller, PA-C- Pain Management Specialist/Addiction Counseling

Lawrence G. Lyons, PhD - Clinical Psychologist

Jane Goldberg, MFT, PhD – Art Therapist/ CBT Instructor

Carmela Borromeo, PT – Physical Therapist

Alina Fisher, PTA – Physical Therapy Assistant, Certified Pilates Instructor

Ashley McKeachie – Wellness Instructor and Yoga Therapist

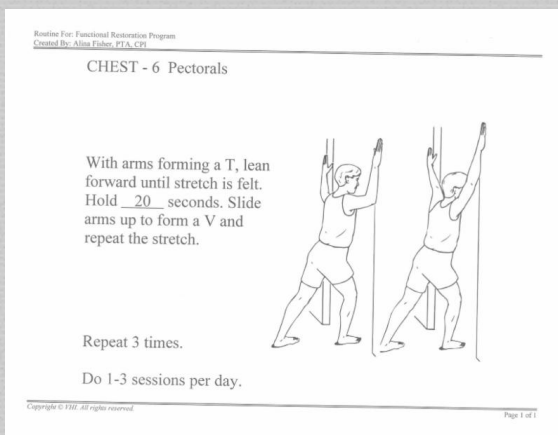
Ross Costa, MPH - Wellness/Certified Tai Chi Instructor

Jeanne Barnett, RD – Registered Dietitian

Pamela Otto, RN – Director of Business Development / Clinical Services

Sandra Alvarado, MA - Front Office/Interpretation

Alyson Jones- Front Office/Authorizations/Communications



Physical Therapy/Functional Education

The pectoralis stretch is often used for patients with rounded shoulders due to pectoralis tightness and scapular weakness. When paired with scapular retraction exercises it allows patients to obtain proper posture effectively.



Art Therapy

Mask-Making. The photograph above demonstrates an unveiling of the new and evolved graduate. A re-birth, new beginning, a time to celebrate successes of participation and completion of the Functional Restoration Program.

Patients are then encouraged to paint, decorate and create their mask into a piece of art work representing their new outlook on life.



Minestrone Soup with Quinoa and Kale

Ingredients

- 1 sweet onion - medium diced
- 2 celery stalks - medium diced
- 3 carrots - medium diced
- 2 tablespoons olive oil - or enough to cover the bottom of the pot
- 2 cloves garlic - finely chopped
- 2 cups fresh zucchini - medium diced (about 1 medium or 2 small)
- 2 cups green beans - cut in 1 inch pieces
- 1 bell pepper - medium diced
- 1.75 lbs of fresh tomatoes or 1 x 28 ounces can crushed tomatoes
- 4 cups of water
- 1 15-ounce can of cannellini beans
- 1 15-ounce can of chickpeas
- 1 cup quinoa
- 2 cups kale - stems removed
- 1 teaspoon turmeric (or to taste)
- Pinch of red pepper flakes
- Salt and pepper to taste



Directions:

1. Place a large stockpot over medium heat and add the onions, carrots and celery. Cook for about 5 minutes or until softened.
2. Add the garlic and a pinch of red pepper flakes and cook for about one minute or until garlic begins to color.
3. Add the zucchini and the green beans, season with salt and pepper, add the turmeric, stir and cook for about 3 minutes.
4. Add the tomatoes and the water, raise heat to high and bring to a boil.
5. Lower the heat to medium/low and allow the soup to gently boil (uncovered) for about 20 minutes.
6. Add the quinoa and cover for 15 minutes.
7. Remove the cover, add the kale and the canned beans (more water if needed) bring back to a gentle boil and cook for another 5 minutes or just until the kale is tender.

Nutrition

Did you know that having chronic pain increases the demand for nutrients? When nutrition is out of balance, pain is worsened. In chronic pain, the nervous cells and tissues change and need more nutrients for the formation and repair of the nervous system. The brain also requires more nutrition to process the over-stimulation of chronic pain. The pain can be heightened when the brain isn't receiving adequate nutrients.

Part of managing the pain is improving nutrition content, tolerance and absorption.

The following foods can help restore nutrient balances and improve chronic pain.

- 3 servings of fruit per day.
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- 4-5 servings of vegetables per day.
-
- 3 servings of dairy per day.
-
- 8-13 oz. of protein per day.
-
- 3-6 servings of starch per day.
-
- 1-2 servings of fat per day.

Whole fruit is encouraged rather than juices. Be careful with fruit servings because of the natural sugar content. Vegetables are a great way to fill up without extra calories and sugar. Depending on your gender and size most women require 8 oz. of protein and men 12 oz. of protein.

Whole grain starches are recommended.

Upcoming Events:

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.

Yoga Therapy/Wellness

One pose suggested to all patients, is Legs up the chair. This is a posture that is considered "anti-aging." It decreases inflammation in the feet and legs, alleviates the symptoms associated with plantar fasciitis, reduces the visibility of varicose veins, improves circulation, and calms the nervous system.

Sit down on your mat and bring the side of your hips towards the chair. Very slowly, spin down on to your back and lift your legs up on the chair. Make sure that the front edge of the seat is close to the backs of your knees. For more comfort, place a folded blanket underneath your low back.

Bring your right hand to your belly and your left hand to your heart to feel your breath. Stay here for 5-10 minutes or 12-24 breaths.

The Spa Finder Gift Card is good at over 25,000 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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