

Pediatric Pain Rehabilitation Program

An intensive interdisciplinary rehabilitation for pain.

Program Overview

Children spend three weeks or longer at Cleveland Clinic Children's Hospital for Rehabilitation learning different ways to manage chronic pain and improve their daily lives. They often spend two weeks of the program as an inpatient (nights are spent at the hospital), and one week or longer in the Day Therapy Program (nights spent at home). Patients learn with a group of other children who are experiencing different types of chronic pain and discover tools specific to their own needs.

Patient Requirements

- › Must be diagnosed with a chronic pain condition that's lasted at least three months.
- › Pain must create significant disability or limitations in school, sports, friendships, family or personal activities.
- › Experienced limited improvement with outpatient pain therapies.
- › Have limited access to appropriate care in their region.
- › Medically stable (there's no expected change in a medical condition).
- › Any psychiatric conditions are well managed.
- › An ability and commitment to participate in the program.
- › Parents agree to the program's guidelines and agree to actively participate, although it's often separate from their child.

Program Structure & Components

Therapy Services: The program has a strong focus on returning a child back to their typical physical activity and reducing dependence on excessive supportive equipment. Patients will participate in these daily individual and group-based physical activities:

- › Occupational and physical therapy:
6 days/week, 3 hours/day
- › Recreational therapy: 4+ days/week
- › Mindful Movement Group or therapy stretching and strengthening
- › Pool: 4 days/week
- › Other group activities, like cooking group, community re-entry trip, etc.

Psychology: The program emphasizes the mind-body connection of pain. Patients work with a team of psychologists to learn skills to cope with pain and other related life stress. This includes:

- › Individual/family sessions: 3+ days/week
- › Mind-body skills group 3 days/week
- › Individual biofeedback practice

School: While in the program, patients continue to complete their academic work with assistance. The program has a dedicated teacher who works with the patient's school to support their learning and transition back to school.

Parent/caregiver components: Parents/caregivers play an active role in their child's recovery progress and participate in these weekly individual and group activities:

- › Caregiver group: 3x/week
- › Psychology session with caregivers: 1x/week
- › OT/PT session with caregivers: 1x/week
- › School session with caregivers: 1x/week



Location

Cleveland Clinic Children's Hospital
for Rehabilitation
2801 Martin Luther King Jr. Dr.
Cleveland, OH 44104

Learn more

Scan QR code with your
mobile phone's camera:



Or visit clevelandclinicchildrens.org/painrehab.