

PAIN PROGRAM WEEK AT A GLANCE

Sample Week # 2

Name:

Dates:

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------|
| 8:00 | Flexibility and Coordination Exercise Group | Flexibility and Coordination Exercise Group | Flexibility and Coordination Exercise Group | Flexibility and Coordination Exercise Group | Flexibility and Coordination Exercise Group | |
| 8:30 | Ice Therapy | Ice Therapy | Ice Therapy | Ice Therapy | Ice Therapy | |
| 9:00 | GROUP: STRESS MANAGEMENT | GROUP: IRRATIONAL BELIEFS I | GROUP: MEDICATION ISSUES | GOAL SETTING GROUP | ENDURANCE TESTING | |
| 9:30 | | | | | | |
| 10:00 | One on One Sessions with Staff and/ or Exercise Assignments | One on One Sessions with Staff and/ or Exercise Assignments | One on One Sessions with Staff and/ or Exercise Assignments | One on One Sessions with Staff and/ or Exercise Assignments | | FEEDBACK GROUP |
| 10:30 | | | | | | |
| 11:00 | | | | | | |
| 11:30 | | | | | | |
| 12:00 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | |
| 12:30 | | | | | | |
| 1:00 | GROUP: MINDFULNESS | GROUP: PACING AND ACTIVITY MANAGEMENT | GROUP: IRRATIONAL BELIEFS II | GROUP: DESENSITIZATION | One on One Sessions with Staff and/ or Exercise Assignments | |
| 1:30 | | | | | | |
| 2:00 | AQUATICS EXERCISE | AQUATICS EXERCISE | AQUATICS EXERCISE | Yoga or Tai Chi Exercise Group | | |
| 2:30 | | | | | | |

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|------|---------------------|-----|---------------------|--------------------|--|
| 3:00 | | | | MEET WITH STAFF | |
| 3:30 | RELAXATION CLASS | ICE | RELAXATION CLASS | | |