

Program

- The only Labor & Industries, CARF accredited pain program in the Inland Northwest
- Treatment is provided 6-8 hours a day, five business days a week
- Structured, 20-day interdisciplinary therapy program (physical, occupational, vocational, behavioral and massage therapies)
- Weekly interdisciplinary case conferences with patient, clinicians and vocational rehabilitation counselor

Injured Workers

This program is for injured workers who have:

- Not been successful in getting back to work after three months of conventional medical interventions
- Been injured at work with an open L&I claim
- Returned to work, but need help coping with pain management
- Been considered for a fusion or intervertebral artificial disk replacement

Treatment Goals

Getting individuals to return to work

- Improve functional capacities
- Prepare for workforce re-entry
- Teach techniques for effective management of chronic pain
- Teach the importance of proper body mechanics and posture
- Improve mental cognition and focus
- Minimize injury recurrence, lost time and disability
- Increase likelihood for successful surgical outcomes

Treatment Resources

Comprehensive, interdisciplinary approach to treating pain with psychological, vocational, and physical and occupational based therapies. Additional services include but are not limited to biofeedback, aquatics, social group dynamics, nutrition and work simulation.



“Before I went to the pain clinic I was basically one armed. I couldn’t sleep at all, literally. They taught me how to use my arm again and how to sleep – fixed what was wrong and I gained my arm back. The whole program was like a blessing.”

Brent Porter, past St. Luke’s patient

With You and Clients in Mind

- Regular updates from interdisciplinary team regarding your patient's progress
- Comprehensive discharge reports are completed within seven business days
- An individualized treatment plan

Program Results

It is estimated that 700 million workdays are lost each year due to pain. The annual cost of chronic pain in the United States is approximately \$100 billion in medical care, medication, lost time, compensation and litigation.

The Pain Rehabilitation Clinic at St. Luke's provides services to help patients better manage chronic pain, improve physical capacities and return to work.

Outpatient Pain Rehabilitation Clinic
readiness to return to work at time of discharge

92%

Center of Occupational Health & Education (COHE)

COHE Community of Eastern Washington, a program of St. Luke's Rehabilitation Institute, works cooperatively within the 'community of health care' in developing programs to improve the quality, cost effectiveness and consistency of care for injured workers in the Inland Northwest. A University of Washington study clearly showed COHE's success in reducing disability and returning injured workers to the job. It showed a 20-25 percent reduction in disability by using the COHE model and occupational health best practices. The Center's primary objectives:

- To streamline the return to work process between providers, employers, unions and employees.
- To improve injured worker outcomes and prevent disability.

Call 866-247-COHE or visit www.gocohe.com to learn more about becoming a COHE provider.

Inpatient Case Management

Phone: 509-473-6058
Fax: 509-473-6118

  www.st-lukes.org



Outpatient Locations

For a list of all outpatient therapy locations near you visit www.st-lukes.org/locations

Phone: 509-473-6869
Fax: 509-473-6097

These accreditations assure patients the highest quality care and results possible.



* Visit www.st-lukes.org for a complete list of CARF accredited programs.

St. Luke's is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.