

## Program

The Progressive Goal Attainment Program (PGAP™) is a 10-week evidence based treatment program designed to identify and treat the psychological risk factors contributing to an individual's disability. Appropriate patients include injured workers struggling with musculoskeletal conditions, depression and other debilitating conditions that are preventing them from participating in the return to work process.

## Patient

PGAP is a life-role reintegration program designed to meet the needs of injured workers struggling with a wide range of medical and mental health conditions and the disability that can arise following injury or illness.

## Treatment Goals

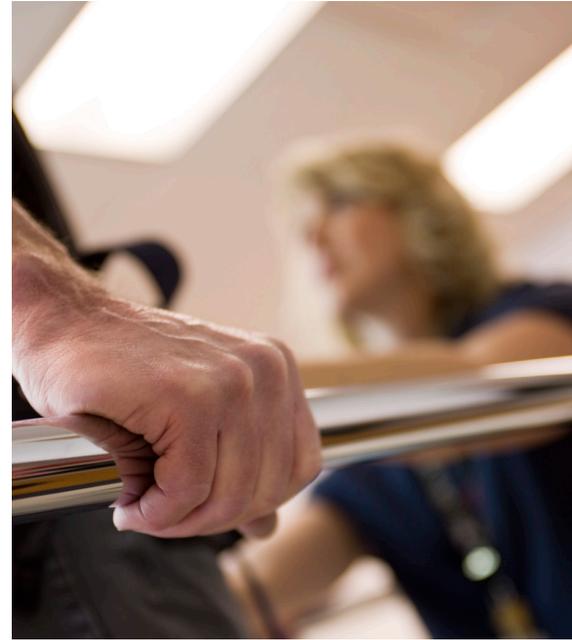
- Reduce psychological barriers interfering with rehabilitation
- Promote re-integration into life-role activities
- Increase quality of life
- Facilitate return to work

## Treatment

- Develop a structured activity schedule
- Graded activity involvement
- Motivational enhancement
- Resumption of daily activities that have been adversely impacted
- Promote resumption of family, social and occupational roles
- Re-integration into the workplace

## Treatment Resources

Treatment from a therapist certified in the PGAP™ technique. Our therapists are highly trained and hold additional specialized certifications to help your patients recover from injury and assist in the return to work process. All are licensed and registered by Washington State.



## Outcomes

Clinical trials have supported the use of PGAP™ as a cost effective intervention for reducing disability associated with persistent pain. One study showed that participation in PGAP™ increased the probability of return to work following whiplash injury by more than 50% (Physical Therapy, 86, Jan 2006).

Ongoing clinical trials are assessing the efficacy of PGAP™ for the management of disability associated with depression, and other chronic health conditions. Findings to date, suggest that PGAP™ can be a cost-effective means of improving function and facilitating return to work in individuals at risk for prolonged disability. (Journal of Occupational Rehabilitation, 15, No.4, Dec 2005; Journal of Occupational Rehabilitation, 17, 305-315, 2007; Work and Cancer Survivors, Springer, 2009).

To refer your patient, contact:

**St Luke's Rehabilitation Institute**  
711 S. Cowley, Spokane, WA 99203  
Phone: 509-473-6869  
Fax: 509-473-6097

# The Region's Medical Rehabilitation Center

Each year more than 7,200 people throughout the region use St. Luke's for rehabilitation services. St. Luke's is the largest rehabilitation organization in the Northwest and provides care through their hospital and three clinic locations to patients diagnosed with:

- Stroke injury
- Spinal cord injury
- Brain injury
- Amputation
- Orthopedic (bones, joints, muscle) injury or disease
- Chronic pain
- Workplace or auto injury
- Sports injury
- Hand injury
- Strains and sprains
- Heart and lung problems
- Cancer recovery
- Neck and shoulder problems
- Hip and knee problems
- Low back problems
- Dizziness
- Incontinence
- Stress and anxiety
- Cognitive (thinking, reasoning or memory) problems
- Pediatric injuries and development problems
- Lymphedema
- Fibromyalgia

## Complete Scope of Services

As the only organization in the region dedicated to medical rehabilitation, St. Luke's offers the most complete set of inpatient and outpatient treatments, tailored for each patient's individual needs.

- Inpatient/Outpatient Physiatry
- Rehabilitation nursing
- Aquatic therapy (onsite pool)
- Physical therapy
- Occupational therapy
- Speech therapy
- Recreation therapy
- Cardiac / pulmonary therapy
- Respiratory therapy
- Psychology / behavioral therapy
- Neuropsychological evaluations
- Cognitive therapy
- Pain management
- Biofeedback
- Nutrition therapy and counseling
- Vocational rehabilitation
- Work injury therapy
- Work hardening / work conditioning
- Physical capacity exams
- Ergonomic assessments
- Pediatric Services

[www.st-lukes.org](http://www.st-lukes.org)



711 S. Cowley  
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### St. Luke's Rehabilitation Institute

For a list of all outpatient therapy locations near you visit [www.st-lukes.org/locations](http://www.st-lukes.org/locations)



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Visit [www.st-lukes.org](http://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 and its member organizations Providence Health Care and Empire Health Foundation.