

## **Pain Management Program**

Pain affects the vast majority of people with Spinal Cord Injury or Dysfunction (SCI). Pain may originate in the nervous system itself, i.e. spinal cord or nerve roots, it may result from spasms or stiffness in muscles due to the spinal cord injury. Pain may also be caused by degenerative changes in joints, for instances the shoulder, after years or decades of strenuous wheelchair use.

The St. Louis VA Outpatient Pain Management Program recognizes that trying to manage chronic pain can be a long and difficult process. It can assist in this process by teaching patients skills that help people become less disabled and live more full and satisfying lives. We don't promise to cure pain and we don't suggest that pain can be "fixed" by medications, surgeries, or some other medical miracle. We offer help in understanding the complexity of pain and teaching ways to get back in control of your life.

The Program provides you with access to a team of specialists to help you with all aspects of trying to cope with chronic pain:

- [Anesthesiology](#) – Nerve blocks, other interventional techniques, & drug treatment
- [Chiropractic](#) – Physical manipulation
- [Neurology](#) – Medical diagnosis, treatment & drug treatment
- [Nutrition](#) – Weight control and healthy living
- [Occupational Therapy](#) – Improved activities of daily living and arm function
- [Pharmacist](#) – Medication management
- [Physical Therapy](#) – Improved flexibility, strength, and endurance
- [Psychology](#) – Help with adjustment and coping skills
- [Recreational Therapy](#) – Pool therapy & increased social & recreational activities
- [Social Work](#) – Community support and counseling

If you are interested in becoming involved in this program, ask your provider to submit a consult to the Outpatient Pain Management Program. At your first visit, you will attend an intake group where you meet with several team members, which allows the team review your condition, educate you about the services we provide, and develop a treatment plan tailored to your needs. The program is 12 weeks long and consists of at least 3 weekly meetings with the clinic.

**Location: Jefferson Barracks, Building 52, 2<sup>nd</sup> floor of Building 52.**

**To confirm or reschedule your appointment, please call the Pain Program  
at 314-652-4100 or 800-228-5459, ext 6-4822**