



This FREE program is a collaboration of University Orthopedics and the RI Department of Health



For more information or to register for the next session please contact Ilda Vieira.

(401) 626-3949
ivieira@universityorthopedics.com



401-457-1500 | www.universityorthopedics.com
Providence | East Providence | East Greenwich | Middletown



Chronic Pain Self-Management Program

401.457.1500 • UniversityOrthopedics.com

About the Chronic Pain Self-Management Program

The CPSMP was developed in conjunction with Dr. Kate Lorig and the staff of the Stanford Patient Education Research Center. It was derived from Stanford's Arthritis Self-Management Program and the Chronic Disease Self-Management program. It was revised in 2015 and a new book: Living a Healthy Life with Chronic Pain, was written to accompany this program.

The CPSMP was developed for people who have a primary or secondary diagnosis of chronic pain which is defined as long term or chronic pain lasting 3 to 6 months and beyond.

Examples include: Chronic Musculoskeletal pain such as neck, shoulder, back pain, fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, headaches, and much more.

The CPSMP program has been rigorously evaluated in two randomized clinical trials. The research studies found that on average people who have participated in the CPSMP have more vitality or energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with lives when compared to those who have not taken the program.

Program Features

- 1 session per week for 6 weeks
- 2 ½ hour classes
- Master Trainers lead the class
- Small group setting
- Highly engaging class
- Free program including all materials
- Living a Healthy Life with Chronic Pain book with CD

What You Will Learn

- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility and poor sleep
- Appropriate use of medications
- Learn to communicate more effectively with family, friends and health professionals
- Nutrition
- How to pace your activity vs. rest
- How to evaluate new treatments



Enhancing Patient Outcomes

The Chronic Pain Self-Management Program will not conflict with any other existing program or treatment. This program gives participants the skills to coordinate everything needed to manage their health and help participants keep active lives.



For more information on the CPSMP, please visit:

www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/