

Therapeutic Pain Management

The Veale Wellness & Aquatic Center at Ohio Living Breckenridge Village offers a multifaceted approach to pain management that identifies physical, cognitive, psychosocial and environmental barriers that limit patient's functional independence.

Our evidence-based customized therapy is safe, effective and designed to complement your patient's current pain management program. It is also covered through insurance for physical and occupational therapy.

Physical Therapy:

Addresses the functional movement patterns that have been altered due to pain, disease and disuse. Our hands-on, one-to-one therapeutic teaching approach will maximize progress towards independent pain management and pain resolution, restoration of functional activities and the development of a positive healthy lifestyle.

Occupational Therapy:

Addresses the patient's ability to complete activities of daily living (i.e. dressing and bathing), home-related tasks (i.e. cooking and cleaning), as well as educating and supporting clients in the development of wellness routines. Occupational therapy clinicians provide strategies and tools for managing and tolerating pain and stress, developing good sleep hygiene, medication compliance and positive psychosocial functioning, which are essential for continued healing and optimum quality of life.

Program May Include:

- **Stretching** muscles, tendons and fascia
- **Strengthening** the core system and specific pain areas using dynamic functional exercises
- **Correction of postural malalignments** which may have developed as a result of chronic pain
- **Gait – Balance – Movement assessments** using the Neurocom Balance Master, a state-of-the-art tool for measuring functional movement and balance with comparison to normative, age-related data
- **Manual soft tissue mobilization**
- **Warm water aquatic exercises** that improve tolerance to exercise due to buoyancy support of body weight and sensory stimulation
- **Education** on self-administered pain reduction methods, including trigger point pressure, foam rolling, therapeutic taping, use of TENS, breathing techniques, guided imagery, meditation and relaxation techniques presented from a mindfulness framework
- **Progress quantified** with standardized tests
- **Wellness Center membership** during the duration of the therapeutic program, with the option to join after the program for a fee, improving healthy habit development

Call **440.942.4358** to learn more about how therapeutic pain management at the Veale Wellness & Aquatic Center can benefit your patients.



Ohio Living
Breckenridge Village

Veale Wellness & Aquatic Center
4950 Northridge Drive | Willoughby, Ohio 44094
P 440.942.4358 | F 440.954.8379 | ohioliving.org

