



Pain School

Pain does more than just hurt.

It distracts us from our life goals and values, and hijacks our energy and motivation.

How is it possible to live a rich and full life, with pain?

Pain School at the Montana Spine and Pain Center will help you answer that question for yourself. The good news about chronic pain is that the greatest benefit comes from *things you do to help yourself* – and you can *learn* to do these things. We teach you what has worked well for others – and help you fit what you have learned into your everyday life.

Take charge of your pain, so pain is not in charge of you.

Pain School is a group session led by a team of healthcare providers at the Montana Spine and Pain Center. Each session includes a lecture, group discussion and exercises to complete on topics such as activity and pacing, relaxation, sleep, nutrition, pharmacology and addiction, the impacts of pain on relationships, and working with thoughts and feelings. ***The goal of Pain School is to teach you the things you need to know to take control of your pain.***

In addition to learning, you need to get moving to control pain. Physical activity is vital to managing pain and improving your function. We expect you to enroll in physical therapy while you are in Pain School. You will be expected to attend one physical therapy session each week, individualized to your needs, and fit into your schedule. Each physical therapy session will work with the lessons you learned the week before in Pain School. If you are already in physical therapy, please continue and share our class program with your physical therapist. ***The goal of physical therapy is to help you develop a life-long activity program that you will continue.***

When you attend Pain School, you make a commitment to doing the work that is necessary for you to get better. There are 12 sessions, one hour each week with 8-10 people in each session. ***We expect you to attend all the sessions.***

GET INVOLVED:

Call, fax, mail or drop off this form at our office.

Phone: **(406) 327-1670**

Fax: **(406) 329-5697**

Mail: **Montana Spine and Pain Center, 500 West Broadway, Missoula, MT 59802**

Your Name _____

Your Address _____

Your Phone _____

You can also ask your primary care provider to make a referral by downloading a referral form from our website at <http://www.montanaspinecenter.com/> and fax the form to us at the fax number on the form.

If you are new to our office, we will contact you for a brief interview prior to enrollment.

COST:

Medicare, Medicaid, Workers Comp, and Private Insurance cover these services on an individual basis. We are able to obtain prior authorization for Workers Comp, but we ask that each individual check with his or her funding source to be sure that the services can be covered.

When you contact your funding source, ask whether they will authorize and pay for 12 Pain School sessions and up to 12 Physical Therapy sessions. Your funding source will also need the following information:

Your chronic pain related diagnosis

The CPT (procedure) code for each session: 96153 x 4.

Physical therapy will use standard CPT codes, according to what is done.

The cost of each Pain School session is \$60. The cost of individualized Physical Therapy is billed according to the service provided. Initial evaluation is about \$130 and follow up visits are about \$60.

GETTING HERE:

Montana Spine and Pain Center is on the third floor of the Broadway Building of St. Patrick Health and Sciences Center, in Missoula. The entrance to this building is on McCormick Street. Classes and Physical Therapy are held in the Wellness Center, on the first floor of the same building.

CLASS MATERIALS:

We will provide you with a notebook, containing the basic material from each lesson, as well as exercises, to help you try out what you have learned, and apply it to your life.

The book we use is [The Pain Survival Guide: How to Reclaim Your Life](#), by Dennis C. Turk, Ph.D. and Frits Winter, Ph.D. You may borrow this book from us, buy it for \$16.50, or order it yourself from Amazon.com.