Pain Management Essentials

Proven Strategies for Managing Chronic Pain

The philosophy of the NorthBay Center for Pain Management is to heal the body, the mind and the spirit. Our team of compassionate professionals knows you are not a diagnosis; you are a person with unique strengths and unique life goals.

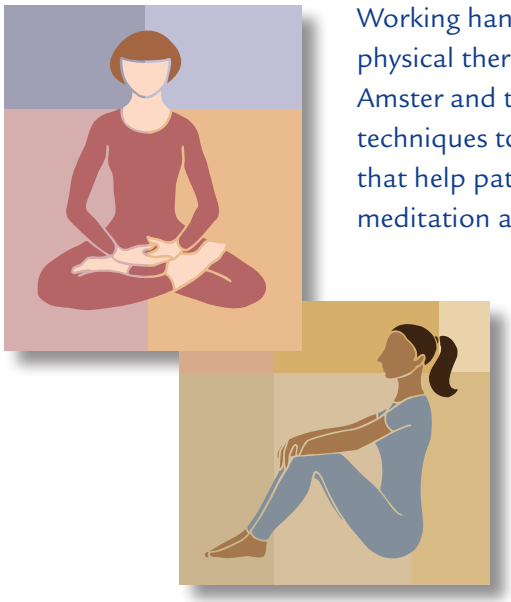
That's why we develop a healing partnership with each patient to find the best combination of treatments for that individual. That's also why we encourage you to participate in our innovative new program called Pain Management Essentials.

What is Pain Management Essentials?

Pain Management Essentials is an eight-week program devoted to reducing your pain and improving your mobility.

The first 90 minutes of each weekly session is an appointment with our medical director Dr. Michael Amster and pain psychologist Dr. David Green. This appointment is conducted in a shared format with six to eight other patients so you benefit from individual time with the physician, plus the support and advice from others learning to manage chronic pain. The second 90 minutes focuses on improving mobility and is led by the NorthBay Rehabilitation Services staff.

A Holistic Approach – Proven Treatment Options



Working hand-in-hand with the best and latest modern medicine has to offer – such as physical therapy, medications and state-of- the-art minimally invasive procedures – Dr. Amster and the Pain Management Essentials care team also use complementary healing techniques to ease patient's discomfort. Some of the complementary techniques that help patients meet their improvement goals include acupuncture, yoga, massage, meditation and relaxation.

By blending the best of modern and traditional medicine the Pain Management Essentials team will develop a individualized plan to help you restore your quality of life.

You Can Expect Results

Research on pain rehabilitation programs like Pain Management Essentials demonstrates that people who take part in them generally get more relief from their physical pain than those who don't.

Patients like you who participate in programs like Pain Management Essentials are more likely to return to work and to maintain progress over longer periods. In addition, they make fewer visits to health care providers and may require less medication to manage their pain.

NORTHBAY™
Center for Pain Management

(707) 646-4666

Pain Management Essentials

- Teaches you strategies to manage your pain.
- Is lead by a pain management specialist, a pain psychologist and a physical therapist.
- Combines the most effective treatments from alternative/complementary medicine and modern medicine.
- Can lessen your need for pain medication.
- Can reduce your dependence on medical care.
- Improves your quality of life.

Questions? We're Happy to Help

If you would like to participate in Pain Management Essentials, or would like more information on our program, please call us at (707) 646-4666.

From Left:
Tamara Lee, RN; Michael Amster, MD, Medical Director;
David Green, Ph.D. Pain Psychologist; Cynthia Pena, MD, Pain Specialist

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