

Pain Management Program Overview

KAISER PERMANENTE • SANTA CLARA • PAIN MANAGEMENT REHABILITATION PROGRAM (PMRP)

Phases of Care

Phase 1: Pain Management Classes

- This phase emphasizes building a strong foundation of skills and learning how pain can be reprocessed.
- If you decide to continue to Phase 2 & 3 the team will evaluate your case to determine a treatment plan that best fits you.

Phase 2: Brain Reprocessing & Integration

- This phase deepens and further integrates your skills into daily life.
- Movement classes are highlighted here.

Phase 3: Integration & Aftercare Planning

- Ongoing application to daily life and transition to independent practice.

Opioid Medication Tapering (*if indicated*)

If you are on opioid medication and want to taper, PMRP specialists will support you during this process.

Schedule

Variable days and times depending on team recommendations and your availability.

Location:

Currently all groups are virtual through the application **Microsoft Teams.**

Patient Voice:

“Pain doesn’t control my life anymore.”
- JD, PMRP Participant

“The longer I practice, the more automatic the skills become.”
- LS, PMRP Participant

“PMRP hasn’t just helped my pain but has changed my whole outlook on life.”
- KP, PMRP Participant

PMRP Website

[Pain Management Rehabilitation Program Santa Clara](#)

Contact Us: 408-530-2950
Pain Management Rehabilitation Program (PMRP)

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Program Classes and Groups

Pain Management Classes

In these classes you will learn the skills needed to understand how pain can be reprocessed.

Each **90 min class** includes 3 components:

- **Discussion Topics**

A few of the many topics we explore are pacing, sleep quality, breathing, and nervous system calming. These topics help to reset the brain's alarm system.

- **Relaxation/Awareness Practices**

We practice becoming more aware, conscious breathing, and calming the stress response. Examples include body scanning, Autogenics, and acupressure tapping.

- **Gentle Movement**

We learn ways to move that help restore the Mind-Body connection. We practice calming, finding safety in motion and increasing body awareness.

Pain Reprocessing Therapy Group

This group explores concepts and techniques that rewire the brain to break out of the cycle of pain.

Feldenkrais

This method of "Awareness Through Movement" helps change neuromuscular patterns. Lessons involve thinking, sensing, moving, and imagining. Lessons can be done sitting or lying down.

Mind-Body Practice Group

We practice Mind-Body techniques for expanding awareness and nervous system regulation. Examples include meditation, breathing, relaxation, mindfulness, tapping, etc.

Gentle Whole-Body Movement Group

This group practices gentle, flowing, mindful movements that enhance relaxation, awareness, and flexibility.

Physical Therapy

A more individualized physical therapy plan will be created after completing Phase 1. The plan will focus on increasing body awareness, body mechanics, activity modification, and gentle approaches to stretching and strengthening.