



Healing Bridge
PHYSICAL THERAPY

P: 541.318.7041 | F: 541.388.3711

404 NE Penn Ave | Bend OR 97701

NEW program

CALM YOUR PAIN

FREE:

Need to Know, Intro

Mandatory for follow up classes

There's More to Know

Follow Up program after the Intro

**Pain Program may be covered by insurance*

CALM YOUR PAIN is a program designed for people with chronic pain and is based on current research that understands persistent pain involves a nervous system that has become hypersensitive. Our program is part of a comprehensive physical therapy approach and helps patients understand the physiology of chronic pain and learn to re-regulate their nervous system to decrease it.

Need to Know, Intro: This FREE class introduces attendees to **Pain Neuroscience Education (PNE)** and is required before starting the **There's More to Know** patient program.

Wed Aug 10th 12:15 PM – 1:45 PM

Tue Aug 30th 5:30 PM – 7:00 PM

Wed Sept 28th 12:15 PM – 1:45 PM

There's More to Know: It is recommended that participants plan to attend at least 4-6 sessions for optimal success. Class size will be limited to 6-8 participants. Each session will cover one element from the following:

1. In-depth learning about Pain Neuroscience
2. Movement and exercise
3. Nervous system regulation skills

Space is limited.

Call to schedule TODAY!

☎ 541.318.7041

Sessions are not sequential.

Allison Suran, PT, GCFP, TPS and owner of **HEALING BRIDGE PHYSICAL THERAPY** has spent her career learning about persistent pain, and is Central Oregon's first **Certified Therapeutic Pain Specialist (TPS)**

THE PAIN SPECIALISTS
Persistent (Chronic) | Orthopedic | Pelvic

www.HealingBridge.com
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