



Healing Bridge
PHYSICAL THERAPY

P: 541.318.7041 | F: 541.388.3711
404 NE Penn Ave | Bend OR 97701

New CALM YOUR PAIN Program

MAY/JUNE 2017

FREE:

Need to Know INTRO

Mandatory for Calm Your Pain Attendance

Need to Know INTRO: This **FREE** class introduces attendees to **Pain Neuroscience Education (PNE)** and is required before starting the **CALM YOUR PAIN** program.

PNE uses the latest research on the complexities of persistent/chronic pain to help people understand more about the source of their pain and why some people improve from injuries or mechanical issues such as arthritis, while others experience ongoing symptoms.

DATES

Tues, May 9th 5:30 - 7:00 PM

Wed, Jun 14th 12:00 - 1:30 PM

CALM YOUR PAIN

Follow-Up program after the Intro

**May be covered by insurance*

CALM YOUR PAIN is an ongoing program for people with persistent/chronic pain as part of a comprehensive physical therapy plan.

The program is ongoing and not sequential; each session will provide new information, skills and practice.

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 the following:

1. In-depth learning about PNE
2. Learn to move without painful flare-ups
3. Practice skills for nervous system regulation

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)**



See our website for details

Space is limited.

Call to schedule TODAY!

☎ 541.318.7041

THE PAIN SPECIALISTS
Persistent (Chronic) | Orthopedic | Pelvic

www.HealingBridge.com
GetWell@HealingBridge.com