

Pain Rehabilitation: **THE NEED**

AN INTERVIEW WITH:

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ACRM

AMERICAN CONGRESS OF
REHABILITATION MEDICINE

Improving lives through
interdisciplinary rehabilitation research



Why has ACRM committed to support a new PAIN REHABILITATION Group?



Because pain is an important issue for multiple diagnoses, including brain injury, spinal cord injury, stroke and others.

How will the PAIN REHABILITATION Group contribute to the ACRM mission to IMPROVE LIVES through interdisciplinary rehabilitation research?



1st POINT

The ACRM Pain Rehabilitation Group wants to “raise the game” on the annual conference courses offered for PAIN-RELATED ISSUES across these traditional rehab diagnoses.

2nd POINT

We want ACRM to be ‘THE’ place to go for the latest research on interdisciplinary pain rehabilitation for chronic pain disorders.

WHY?

Because...

- THE **NUMBER ONE** cause of disability in the U.S. for those under the age of 45 is chronic pain.
- It’s the **THIRD** leading cause of disability over age of 45.
- Chronic pain **TREATMENT** can **COST** more than ANY medical diagnosis in the U.S.





THE RESEARCH IS CLEAR: THE most *effective* treatment for chronic pain is INTERDISCIPLINARY PAIN REHABILITATION.

It's called the *biopsychosocial model (BPS)* which combines:

MEDICAL,

PHYSICAL and

PSYCHOLOGICAL treatments.

ACRM is the *perfect* organization to advance the research and education for clinicians and their patients who suffer from chronic pain.

3rd POINT

in the U.S., we need to find ways to REDUCE healthcare costs.

Because chronic pain is the most expensive diagnosis that we treat, the opportunity is to provide early identification and treatment of issues that may lead from acute to chronic pain.

Again, the RESEARCH is *very clear*: the BEST way to prevent the development of chronic pain syndrome is early identification and treatment — NOT just physical and medical treatment, but psychological as well.

So the 3rd priority is to develop some really great GUIDELINES for identifying and treating these people before they develop such extreme levels of suffering and cost to society.”





How many have chronic pain and what are the consequences?

- Depending on how it is defined, anywhere from 13 – 40% of Americans suffer from chronic pain.
- Almost 100 million Americans report having chronic pain for at least 3 months during the past year.
- The most common types of persistent pain occur in the lower back and neck.

For some people, unfortunately, **pain causes SEVERE LIFE DISRUPTION**

- CHRONIC PAIN has caused them to quit working
- Their economic resources decrease
- Depression and anxiety are typical
- **Over-prescription of opioids / prescription medications** to control pain have led to a SIGNIFICANT INCREASE in accidental death due to overdose. More people die in the U.S. from drug overdose than car accidents, and the majority of those deaths are due to pharmaceuticals (the vast majority of which are opioids).



What is the alternative?

I always tell people...

I don't run a pain **MANAGEMENT** program,

I run a pain **REHABILITATION** program.





Pain Rehabilitation is not just about managing the pain, we are rehabilitating people's lives by increasing their level of function and helping them do the things they need to do.

Pain Rehabilitation says “we are going to **REHABILITATE YOU.**”

- No different from spinal cord injury.
- No different than TBI.
- We want to REHABILITATE people.
- Rather than sitting in front of a TV all day because they are in too much pain,
- They can become ACTIVELY involved in their own lives again.



... And that is why growing the Pain Rehabilitation Group is critical to the ACRM mission to IMPROVE LIVES.

Volunteers wanted to help the new ACRM interdisciplinary Pain Rehabilitation Group at the ground-floor.

Please contact: Virgil T. Wittmer at virgil.wittmer@brooksrehab.org



ACRM  **Annual Conference** **PROGRESS IN REHABILITATION RESEARCH (#PIRR2016)**

SUBMIT

ACRM wants your PAIN Rehabilitation CONTENT for the Annual Conference.

Call for Proposals: www.ACRM.org/submit



Dr. Wittmer and colleagues at the Pain Rehabilitation Group meeting ACRM Annual Conference

At **ACRM**, we believe in
IMPROVING LIVES through
interdisciplinary rehabilitation research.

If you do, too, please join us...

ACRM 
93Rd Annual Conference

PROGRESS IN REHABILITATION RESEARCH #PIRR2016



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BRAIN INJURY



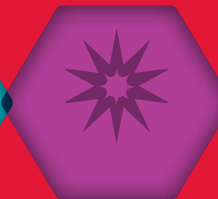
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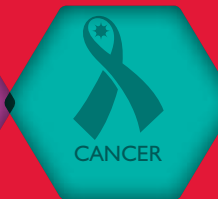
STROKE



NEURO
DEGENERATIVE
DISEASES



CANCER



NEURO-
PLASTICITY

Improving lives

through interdisciplinary rehabilitation research

ACRM is a vibrant, global group united by the common interest in rehabilitation and research to enhance the lives of those with disabilities. With the mission of IMPROVING LIVES through interdisciplinary rehabilitation research, ACRM curates and disseminates world-class rehabilitation research in person (at the Annual Conference), in print (through its monthly journal, the *Archives of Physical Medicine and Rehabilitation*) and online (at ACRM.org and ARCHIVES-pmr.org). All members of the rehabilitation team, researchers, clinicians, patients and loved ones benefit from ACRM.

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