Pain Rehabilitation: THE NEED

AN INTERVIEW WITH:

Virgil T. Wittmer, PhD
ACRM Pain Rehabilitation Group Chair

Licensed Psychologist and Executive Director of Behavioral Medicine & Pain Rehabilitation
Brooks Health System
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 care 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 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**

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T: +1.703.435.5335
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.

ACRM | 11654 Plaza America Drive, Suite 535, Reston, VA USA 20190 | T: +1.703.435.5335

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