

Rehabilitation Station

Volume II Issue

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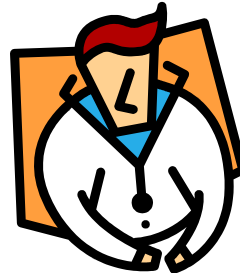
A Note from the Program Director/Administrator:

I would like to take this moment to thank you and your treating Physicians for allowing Monarch Pain Care and Rehabilitation Center to be part of your recovery process. If you are receiving this newsletter, you most likely have completed one of our three multidisciplinary pain management programs. Our goal at Monarch is to continue assisting you, by providing continued information and education needed for your complete rehabilitation, even after your discharge from our facilities. In order to accomplish this goal, we have started this quarterly newsletter. This newsletter will assist you with the most up to date information regarding workers' comp, as well as information regarding physical and psychological well being. I truly hope you find this informative and helpful. We would love to hear from you and have feedback on this, our first quarterly newsletter. Again, thank you for allowing us to have the opportunity to serve you and your physician.

Dr. Ramiro Rivera
Monarch Pain Care and Rehabilitation Center
Program Director/Administrator



Coping Connection Stress and Pain Management



Words to Meditate on: *I listen with love to my body's messages. My body is always working toward optimum health. My body wants to be whole and healthy. I cooperate and become healthy, whole and complete.*

Living with pain is a stressor in and of itself. When a person is in pain, their ability to function daily, cope and even feel good is reduced. A persons body responds to pain with a prolonged stress response. However, when a body is put under a prolonged stress response, the result is wear and tear. The increase in muscle tension can and will increase a persons already high pain level.

This stress response is not caused by the stressors but by a person's response to them. Therefore, a persons experience of chronic pain can be increased or decreased by how they perceive the meaning of the pain and their ability to cope with it. Anyone can alter their physical reaction to stress, including the stress of chronic pain when they can change negative thought patterns and

practice relaxation training. Here are some ways to effectively cope with stress:

Get up earlier – Prepare ahead – Wear comfortable clothes – avoid chemical aids – set appointments – write things down – use time wisely – practice preventative maintenance – make duplicate keys – say “no” more often – set priorities – avoid negative people – simplify meals – copy important papers – anticipate needs – make repairs – get help with housework – break down large tasks – do one thing at a time – look at problems as challenges – look at challenges differently – unclutter your life – have fun – smile – prepare for rain – tickle a baby – pet a dog or cat – don’t know all the answers – look for the silver lining – say something nice – teach a kid to ride a bike – walk in the rain – schedule play time – take a bubble bath – doodle – learn a joke – dance the hokey pokey – look at the stars – breathe deeply – feel grateful for something – be aware of your decisions – respect your decision – believe in yourself – stop talking negatively – visualize winning – develop a sense of humor – work for a better tomorrow – do it today – say hello to a stranger – ask a friend for a hug – breathe slowly – whistle a tune – write a poem – listen to music – read a story – do something new – stop a bad habit – start a good habit – buy a flower – smell the flower – give the flower away – find support – find a “vent partner” – be optimistic – consider mistakes to be learning experiences – put safety first – do things in moderation – strive for excellence, not perfection – enjoy art – hum a jingle – say “have a good day” backwards – take a different route to work – maintain your weight – take pride in your appearance – practice grace – pot a plant – feed the birds – touch your toes – reach for the sky – know your limits – stretch your limits – have a plan “b” – know your feelings – meet your needs – get enough sleep – put air freshener in your car – watch a movie and eat popcorn – write a friend who lives far away – keep a diary – scream at a ball game – eat a meal by candlelight – recognize the importance of unconditional love - have a

good cry – share a big smile – remember that stress is an attitude – remember your options – build a support network – quite trying to fix others – talk less and listen more – praise others – praise yourself

Function Junction

Health and Wellbeing



How to Relieve stress with YOGA:

The following information is excerpts from the article “Stretching Away Stress with Yoga” by Terri Swan

Yoga is most recognized for its benefits in reducing stress and increasing flexibility. For those who live with pain due to injury, reduction of stress is increasingly important. The more stress a person’s body is under, the tenser the muscles. The tenser the muscles are the higher the person’s pain level may be. Therefore, it is important to practice stress reducing activities. According to Terri Swan anyone can do yoga, even if it is limited to simple breathing exercises. Experts agree that taking a yoga class is the best way to first learn yoga, most places will offer a free first session. There are also yoga videos and books to help people learn. Yoga can be modified for individuals with injuries, so consult your physician or physical therapist for the best guidelines for practicing yoga yourself.

“The whole system (of yoga) is designed to help quiet the noise of your body, the noise in your breath and the noise in your mind until you can finally listen to yourself, listen to your conscience.” - Blair Lewis PA-C

What's new with Worker's Comp

In the first issue of *Rehabilitation Station*, we outlined the changes to the Texas Workers Compensation Commission that are currently under way. TWCC is now under the Texas Department of Insurance, Workers Compensation Division. This change occurred under House Bill 7. Since December 1, 2005, there have been many changes to the worker's compensation system. Monarch Pain Care and Rehabilitation Center will continue to update you, the patient, and your physician of the changes and what it means for you. Here are two frequently asked questions in regards to return to work that are asked by injured workers.

RETURN-TO-WORK

Q. How will return-to-work disputes be handled after HB 7?

A. Previously, an insurance carrier could request that an injured worker see a Required Medical Examiner (RME) chosen by the insurance carrier to determine whether the injured worker was physically able to return-to-work in any capacity. If the opinion of the RME doctor was different than the opinion of the injured worker's treating doctor, then the issue usually became a dispute. Under HB 7, designated doctors selected by the Division will examine the injured worker and make a determination about an injured worker's physical ability to return-to-work. Either the injured worker or the insurance carrier can dispute the designated doctor's opinion, but the designated doctor's opinion has presumptive weight during Division dispute proceedings.

Q. What additional provisions or requirements does HB 7 contain relating to return-to-work?

A. HB 7 made several changes to highlight the importance of returning injured workers back to work as quickly and safely as possible. Some of these changes include:

- A requirement that the Division must provide injured employees with information regarding the benefits of early return to work, including information on how to receive assistance in accessing high-quality medical care through the workers' compensation system.
- A requirement that the Division do more to assist injured workers to return to work, including training Division staff to respond to questions and assist injured workers in their efforts to return to the workforce, creating a process for the Division to refer injured workers to the Texas Workforce Commission (TWC) and local workforce development centers for employment opportunities and initiating post-referral contacts by the Division, and collecting, tracking, and sharing return-to-work data with other state agencies and workforce programs; and
- A requirement that if the Division determines that an injured worker is unable to ever return to the workforce, the Division must inform the worker of his or her possible eligibility for other forms of benefits, such as social security disability income benefits.

All of the above information regarding changes to the Texas Workers' Compensation Commission was obtained through the Texas Department of Insurance. For the most up to date changes and how they will affect you, the injured person, please visit "<http://www.tdi.state.tx.us>". Monarch Pain Care and Rehabilitation Center is also committed to keeping you informed on the latest information concerning worker's compensation laws.



Holiday Community Outreach Update

Our Story

On December 23, 2005, six Monarch Pain Care and Rehabilitation Center staff members toured the streets of Houston in search of those in need. In hand they carried blankets, hats, scarves, gloves, sweaters, and clothes all very generously donated by the employees of Monarch. Monarch also purchased hot meals that were delivered with the warm clothing in bundles to those people on the streets of Houston, living with out food or shelter. This was Monarch's way of giving back to the community we live and work in every day. The outreach trip was a success! Thank you to everyone who gave so much to make over 15 people who are less fortunate have a little brightness in their Holiday. Here is a what some of the people who took this trip wanted to share about their experience.

Christina

What I will never forget is this one lady who was given two sweaters, a pillow, a blanket and a stuffed animal. Her face just lit up and you could see in her eyes we had

made not only her day, but her week! It was amazing how giving just a little made someone so happy, it was written in her eyes when she looked inside of the box she was given.

Beatrice

To be grateful is to recognize the love of God in everything He has given us: Every little blessing is far too precious to ever forget.

Elsa

It was warming to see that we were truly helping people who were less fortunate than us.

Jessica

It was the man who told us he had just finished praying for a blanket that reminded me that there are so many people that need help. As individuals, we should reach out to our community more often, not just at Christmas. That gentleman's prayer was answered that day, he did get his blanket.

Anna

Gratitude can turn a meal into a feast, a place into a home, a stranger into a friend and the unexpected into perfect timing.