

## Pediatric Pain Rehabilitation Program

### Pain Program Sample Schedule

	Monday	Tuesday *	Wednesday *	Thursday *	Friday
<b>8:00 to 9:00</b>	Goal Writing Group	Stretching Group	Log Work Out Group	Body Mechanics Group	Exercise Group
<b>9:00 to 10:00</b>	School	Music Group	OT/PT	School	OT/PT
<b>10:00 to 11:00</b>	Pool	Pool	Pool	Pool	Pool
<b>11:00 to 12:00</b>	OT/PT	School	School	OT/PT	School
<b>12:00 to 12:30</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:30 to 1:00</b>					
<b>1:00 to 2:00</b>	YOGA	PSY	Mind/Body Skills	PSY	Mind/Body Skills
<b>2:00 to 3:00</b>	Mind/Body Skills	OT/PT	Yoga Group	RT	PSY
<b>3:00 to 4:00</b>	RT/Zumba	RT	RT		Music Relaxation
<b>4:00 to 5:00</b>		Cooking Group		Yoga Group Masterpiece 4:30-6:30	
<b>5:00 to 7:30</b>	Dinner Visiting Hours 5-9	Dinner Visiting Hrs 6-9	Dinner Visiting Hrs 6-9	Dinner Visiting Hrs 6:30-9	Dinner Visiting Hours 5-9
<b>7:30 to 8:30** Homework Hour</b>	Homework: School, Therapy & Mind/Body Skills	Homework: School, Therapy & Mind/Body Skills	Homework: School, Therapy & Mind/Body Skills	Homework: School, Therapy & Mind/Body Skills	Homework: School, Therapy & Mind/Body Skills
<b>10:30</b>	Lights Out/TV Off	Lights Out/TV Off	Lights Out/TV Off	Lights Out/TV Off	Lights Out/TV Off

\*\* Homework is to be completed in the common areas out of the patient's room as a group. Parents are permitted to remain on the unit during this hour and assist as needed.