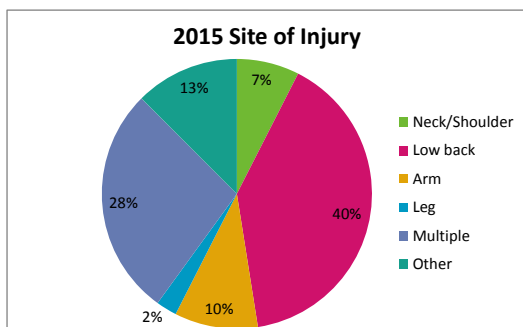


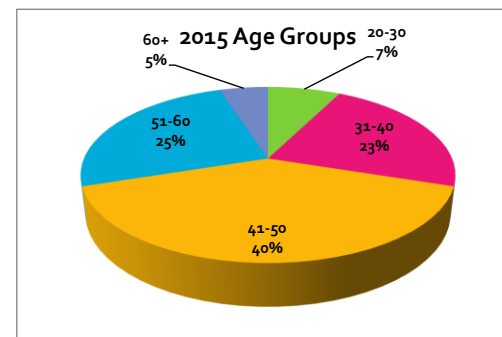
Pain Program: Day Treatment Outcomes Summary 2015

| Site of Injury | # |
|----------------|----|
| Neck/Shoulder | 3 |
| Low back | 16 |
| Arm | 4 |
| Leg | 1 |
| Multiple | 11 |
| Other | 5 |

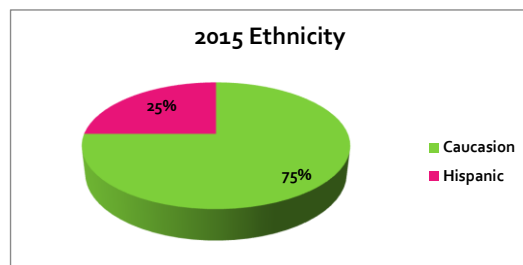


Other includes Complex Regional Pain Syndrome, Autonomic Nervous System Disorder,

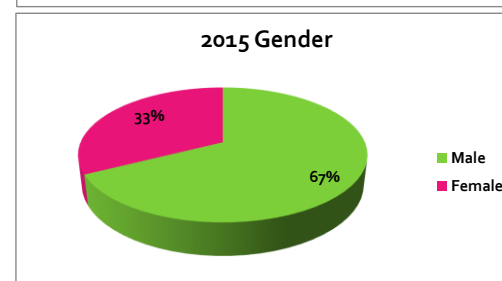
| Age Groups | # |
|------------|----|
| 20-30 | 3 |
| 31-40 | 9 |
| 41-50 | 16 |
| 51-60 | 10 |
| 60+ | 2 |



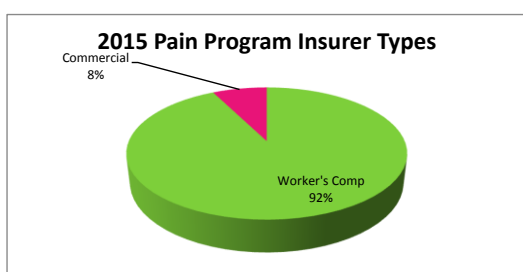
| Ethnicity | # |
|-----------|----|
| Caucasion | 30 |
| Hispanic | 10 |



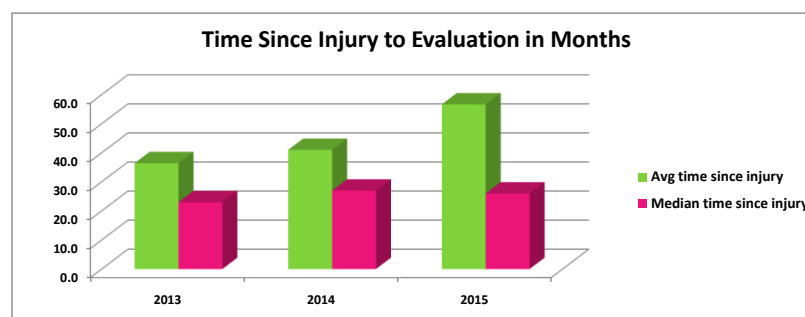
| Gender | # |
|--------|----|
| Male | 27 |
| Female | 13 |



| Insurer Type | # |
|---------------|----|
| Worker's Comp | 37 |
| Commercial | 3 |

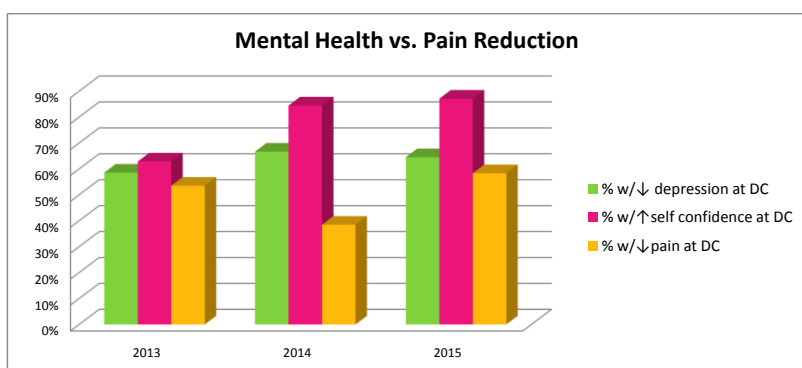


| | 2013 | 2014 | 2015 |
|--------------------------|------|-------|------|
| Avg time since injury | 36.4 | 41.02 | 56.7 |
| Median time since injury | 23.0 | 27 | 26 |



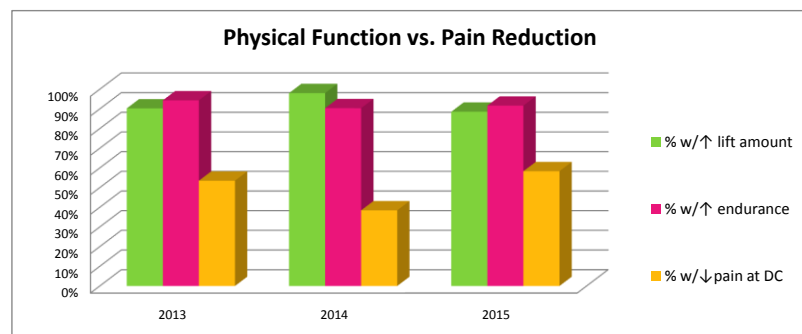
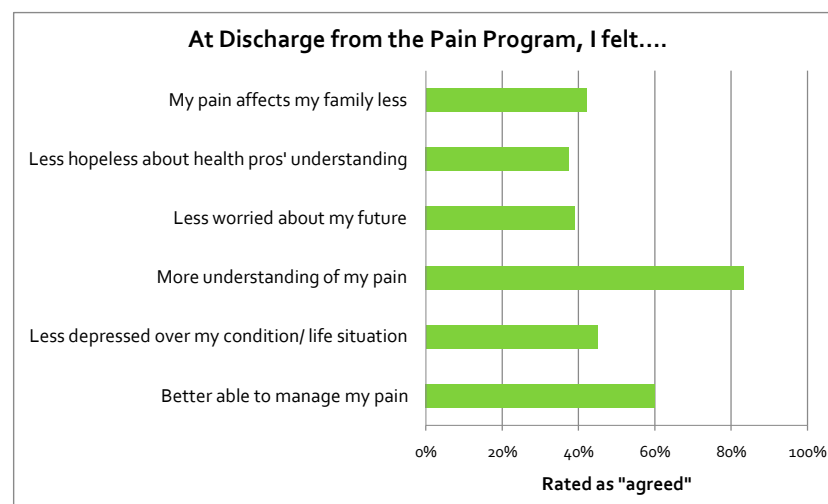
Most clients admitted are male, between 40 and 60 years of age, with a low back injury. The average time since injury is typically between 4 and 4 1/2 years, but the midpoint of the range for all clients seen is approximately 2 1/2 years since injury. This is consistent with the Pain Program's history. As is typical, about half of the clients expressed a reduction in pain levels, but were more likely to be confident about their ability to manage their pain with less medication and more tools to be active and able to return to work and participation in their home and community. The majority were able to increase the amount of weight they could lift from the floor and participate in exercise more than when they began the program. Clients participating in the program expressed the following:
 "Listen to everyone; they know what they are doing."
 "Before my program, depression and chronic pain ran my life. Now I have the tools to continue growing into the man I have always strived to be."
 "I feel that I was very privileged to be able to attend this program. I would recommend this program to anyone suffering with chronic pain."

| | 2013 | 2014 | 2015 |
|-----------------------------|------|------|------|
| % w/↓ depression at DC | 59% | 67% | 65% |
| % w/↑ self confidence at DC | 63% | 84% | 87% |
| % w/↓ pain at DC | 54% | 38% | 58% |



| 3. At Discharge from PRA, I felt... | | Agreed |
|--|--|--------|
| Better able to manage my pain | | 60% |
| Less depressed over my condition/ life | | 45% |
| More understanding of my pain | | 83% |
| Less worried about my future | | 39% |
| Less hopeless about health pros' | | 38% |
| My pain affects my family less | | 42% |

| | 2013 | 2014 | 2015 |
|-------------------|------|------|------|
| % w/↑ lift amount | 90% | 98% | 89% |
| % w/↑ endurance | 94% | 90% | 92% |
| % w/↓ pain at DC | 54% | 38% | 58% |



| Follow Up Measures | 1 month | 3 months | 6 months |
|------------------------------|---------|----------|----------|
| ↓ Pain since admit | 61% | 56% | 0% |
| ↑ Sleep since admit | 50% | 22% | 50% |
| ↑ Quality of Life | 72% | 75% | 50% |
| ↑ Ability to Manage | 43% | 44% | 50% |
| Lift same/more since D/C | 65% | 88% | 75% |
| Resumed activities since D/C | 67% | 89% | 50% |
| Number of responses | 18 | 9 | 4 |

