

PAIN PROGRAM WEEK AT A GLANCE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	<u>GROUP:</u> Beginner Exercise	<u>GROUP:</u> Beginner Exercise	<u>GROUP:</u> Beginner Exercise	<u>GROUP:</u> Beginner Exercise	<u>GROUP:</u> Beginner Exercise
8:30	Ice	Ice	Ice	Ice	Ice
9:00-10:00	<u>GROUP:</u> Stress Management	<u>GROUP:</u> Exercise and the Brain	<u>GROUP:</u> Irrational Beliefs 2	<u>GROUP:</u> Goal Setting	Endurance Testing
10:00-11:00	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	Endurance testing and physical therapy goal setting
11:00-12:00	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	One on one session with staff and/or exercise assignments	<u>GROUP:</u> Communication
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	<u>GROUP:</u> Mindfulness	<u>GROUP:</u> Irrational Beliefs 1	<u>GROUP:</u> Nutrition	<u>GROUP:</u> Desensitization	One on one session with staff and/or exercise assignments
2:00-3:00	<u>GROUP:</u> Tai Chi	<u>GROUP:</u> Yoga	<u>GROUP:</u> Exercise	<u>GROUP:</u> Tai Chi	
3:00-4:00	Exercise assignments	Exercise assignments	Exercise assignments	Exercise assignments	Exercise assignments