

SUCCEED CONNECT



NORTHERN CALIFORNIA FUNCTIONAL RESTORATION PROGRAM

FROM OUR GRADUATES

"This program served to help return my body to near pre-injury condition. I truly feel this program should be mandatory for every injured worker. I cannot recommend this program enough!"

"Before I came through these doors I was isolated in my house, petrified of answering my door or my phone. When I found out I would be in the FRP program for 6 weeks I did not think it would work for me. The day before graduation I was a changed man....I was open both physically and mentally with the group. Every day was a new day with the group and the providers. I couldn't wait to see what was in store for me next. By the time the program ended I was very open to so many things and was taught to carry what I was taught to the outside world. I look forward to my new life with my daughter and the help I will still receive to help me grow."

"Through the NCFRP I have gained the knowledge to better understand not only my injury but my relationship with my pain. When I first entered the program I was hopeful, yet skeptical on how the NCFRP would benefit me. After six weeks, I have better understanding about what is happening to my body and a multitude of ways to help alleviate my pain in a healthy, sage way. I leave here unafraid of my pain and my future with the skills I have learned and adopted here. Thank you NCFRP!"

"An awesome program to help all those in pain to move forward and reclaim their life back!"

Meet the Team



Babak Jamasbi,
MD, FACP, QME



Brendan Morley,
MD, FACP, APC, QME



Timothy Lo,
MD, MPH, DABPN, QME



Arzhang Zereshki,
MD, QME



Callum Eastwood,
PsyD, QME



Lauren Melendres,
PhD



Mariel Barcebal,
PsyD



Rachael Polokoff,
PhD



Gabrielle Reiman,
PsyD

NORTHERN CALIFORNIA FUNCTIONAL RESTORATION PROGRAM (NCFRP)

TEL 510.985.1199 FAX 510.985.1191
EMAIL referrals@ncfrp.com www.NCFRP.com

EAST BAY

1335 Stanford Avenue
Emeryville, CA 94608

More Locations
Coming Soon...

NCFRP is a division of



Pain & Rehabilitative
CONSULTANTS MEDICAL GROUP



Is FUNCTIONAL RESTORATION

right for me?



Learn more at
www.NCFRP.com

REBUILD Reconnect RESTORE

What is a FUNCTIONAL RESTORATION PROGRAM?

If you are unsure about what "Functional Restoration" means to you, you are not alone.

Treating the Whole – Mind & Body.

Many chronic pain sufferers have been through extensive treatments and therapy often with:

- No Functional Improvement
- Increased Pain
- Frustration, Anxiety and Anger
- Disability
- Weight Gain
- Despair

Chronic Pain also affects: Interpersonal Relationships, Vocational and Recreational activities.

NCFRP is designed to evaluate and treat patients with persistent pain and delayed recovery. Patients learn new skills and coping tools to help improve quality of life and return to productive activity. At NCFRP, you will get a chance to meet other Chronic Pain patients and help each other succeed in the program. Our goal is to reduce the impact pain has on your life. Our CARF-accredited Functional Restoration Program will give you the tools you need to help you manage your pain more effectively, giving you a more meaningful, fulfilling and productive life.



The **biopsychosocial model** approaches pain and disability as a complex interplay of:

- 1) Biological
- 2) Psychological
- 3) and Social Factors



MTUS – 8 C.C.R. § 9792.24.2 Page 6

FOR INQUIRIES OR TO SCHEDULE AN APPOINTMENT, CONTACT ONE OF OUR FRIENDLY PATIENT CARE COORDINATORS AT **510.985.1199**



How it Works

STEP 1: INITIAL EVALUATION

If you have been referred to a Functional Restoration Program (FRP) or if you are unsure about the program, it's important that you first attend an INITIAL EVALUATION to determine if the program is right for you. During your initial evaluation, you will meet with 3 providers specializing in Chronic Pain: a Pain Management Physician, a Psychologist and a Physical Therapist as well as get a personal tour and feel of the program with your designated Patient Care Coordinator.

STEP 2: FUNCTIONAL RESTORATION PROGRAM (FRP)

- 6-week Program, Monday to Friday
- Approx. 6 hours per day with breaks

SERVICES & CLASSES

- Weekly individual meetings with a Pain Physician
- Weekly individual meetings with a Psychologist
- Weekly individual meetings with a Physical Therapist
- Strength and Conditioning Program
- Pain Management Techniques
- Cognitive Behavioral Strategies
- Physiology of Pain & Medication Management Education
- Nutrition Education
- Movement and Yoga Therapy
- Dynamic Biofeedback & Ergonomics
- Meditation and Relaxation Techniques
- Breathing, Posture and Relaxation
- Stress Management
- Return to Work and Vocational Guidance
- Understanding the Worker's Compensation System



CONNECT
with other
Injured
Workers