

**Patient Follow-up Instructions** (initial visit)  
 Comprehensive Integrated Pain Program

Date of Initial Clinic Visit:

Physical Treatments	
Medication Adjustments or Changes	
Education	<p>YouTube:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “Understanding My Pain: what to do about it in less than five minutes” (Pain Australia)</li> <li><input type="checkbox"/> “Understanding Pain: Brainman chooses” (Pain Australia - Brainman)</li> <li><input type="checkbox"/> “Understanding Pain: Brainman stops his opioids” (Pain Australia - Brainman)</li> <li><input type="checkbox"/> “23 &amp; ½ hours: What is the single best thing we can do for our health” (Dr M. Evans)</li> <li><input type="checkbox"/> “Low back pain” and (Dr M. Evans)</li> <li><input type="checkbox"/> “Stress” 4 video series (Dr M. Evans)</li> <li><input type="checkbox"/> “Trigger Point Explained with Animation” (Michiel Akkerman)</li> <li><input type="checkbox"/> “3 Minutes to Think About Chronic Pain” (The Fit For Work Team)</li> </ul> <p>Ted Ed (<a href="http://ed.ted.com/">http://ed.ted.com/</a>)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “How does your brain respond to pain?” (Karen Davis)</li> <li><input type="checkbox"/> “The benefits of good posture” (Murat Dalkilinc)</li> <li><input type="checkbox"/> “Why sitting is bad for you” (Murat Dalkilinc)</li> </ul> <p>Other Websites</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Myofascial Trigger point educational web site (<a href="http://www.triggerpoints.net">www.triggerpoints.net</a>)</li> <li><input type="checkbox"/> Canadian Institute for the Relief of Pain and Disability (<a href="http://www.cirpd.org">www.cirpd.org</a>)</li> <li><input type="checkbox"/> Canadian Pain Coalition (<a href="http://www.canadianpaincoalition.ca">www.canadianpaincoalition.ca</a>)</li> <li><input type="checkbox"/> Positive Coping with Health Conditions (<a href="http://www.comh.ca/pchc/">http://www.comh.ca/pchc/</a>)</li> <li><input type="checkbox"/> MY Opioid Manager (<a href="http://www.opioidmanager.com">www.opioidmanager.com</a>)</li> </ul> <p><i>Please note: If you do not have internet access, please drop in to our “Sun Life Patient &amp; Family Resource Centre” located in Room 1-123 on the 1<sup>st</sup> floor of Toronto Rehab's University Centre to access the internet.</i></p>
Referrals / Self Directed Care/ Readings	
Follow-up appointment	

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 Signature of Practitioner