

## Service Description: The Progressive Goal Attainment Program A Treatment Program for Minimizing Pain-Related Disability

The Progressive Goal Attainment Program (PGAP) is designed to minimize disability in individuals with persistent or chronic pain conditions. PGAP is suitable for clients who are suffering from a persistent pain condition, and for whom pain symptoms and psychosocial factors are significant barriers to rehabilitation progress.

### Activity as the Key to Rehabilitation Success:

The primary aim of the PGAP is to maximize activity involvement in spite of pain. For individuals with persistent pain, activity avoidance can lead to deconditioning, lower tolerance for physical activity, increased disability and ultimately, reduced quality of life. Recent research has supported the view that return to activity is critical to the success of rehabilitation for individuals with persistent pain conditions.

Unfortunately, simply recommending an increase in activity has not been effective in reducing the degree of disability associated with pain. It has become clear that increasing activity involves a complex interplay among many factors including the individual's physical symptoms, lifestyle, environment, perceptions and beliefs, and his or her confidence in the ability to overcome these difficulties. Psychosocial factors are currently considered to be the most significant determinants of disability associated with pain. These factors are targeted during the PGAP program.

The **10-week** standardized Progressive Goal Attainment Program includes:

- Weekly sessions with the occupational therapist
- Structured homework assignments completed by the client between sessions
- An initial, mid-treatment and final assessment
- An initial, progress, and termination report

Some of the concepts and strategies that are addressed during the program include:

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|-------------------------------------|---|
| ▪ Inactivity and pain focus         | ▪ Goal setting and planning               |
| ▪ Catastrophic thinking             | ▪ Structured, graded activity involvement |
| ▪ Emotional and cognitive obstacles | ▪ Structured, graded exercise routines    |
| ▪ Fear and inactivity               | ▪ Return to work planning                 |
| ▪ Beliefs about pain and disability |   |
| ▪ Maintaining motivation            |   |

### Program Cost:

**\$3900\***: includes all program materials, treatment sessions, and report

\*Additional travel fees apply for programs occurring outside of the city of Winnipeg – please contact us for more information.

Please contact us for more information on this and other services available.