



Institutes of Health

Multi-Specialty Clinics

Delivering Proven Solutions for Chronic Pain, Brain Injuries, PTSD, Sleep Problems and Prescription Drug Addictions for the Workers' Compensation Community.



Chronic Pain Clinic

- Pain Management
- Physical Medicine & Rehabilitation (PM&R)
- PTP Evaluation & Treatment
- Medication Management
- Chronic Pain & CRPS/RSD Programs
- Functional Restoration Programs (FRP)

Head Injury & Concussion Clinic

- Brain Injury Evaluations
- Comprehensive Neuropsychological Evaluations
- Cognitive Rehabilitation Treatment
- Intensive Outpatient Programs

PTSD Clinic

- Post-Traumatic Stress Evaluation & Treatment
- Intensive Outpatient Programs

Addictions Clinic

- Opioid & Prescription Drug & Alcohol Abuse
- Detox and Rehabilitation

Behavioral Medicine Clinic

- Cognitive Behavioral Therapy (CBT) for Pain
- AOE/COE
- Psych Surgical Clearance
- Early Intervention Programs
- Functional Restoration Programs
- EMDR/Prolonged Exposure
- Cognitive Processing Therapy
- Psych PTP Evaluation & Treatment



MTUS/Evidence-Based Services and Programs for Treating Injured Workers

Symptoms which persists beyond 3-6 months after onset is an indication of Delayed Recovery and Chronic Pain per MTUS and ACOEM. Accordingly, patients should be referred for CBT evaluation and treatment where any of the following present:

- Sadness/depression
- Sleep complaints
- Increased pain behaviors
- Feelings of helplessness/hopelessness
- Cognitive complaints
- Failure to respond to treatment/delayed recovery
- Excessive medication usage/requests
- Need for medication tapering/detox
- Verbal/physical/mental abuse
- Anxiety/panic/PTSD
- Somatic complaints (e.g. abdominal/bowel)
- Frustration with medical care
- Elevated stress levels
- Frustration/anger
- Functional complaints/disability
- Weight gain/loss
- Job dissatisfaction/lack of support



**San Diego
County**

**Imperial
County**

**Riverside
County**

Saving patients throughout California via
Biometric Telehealth.

For referrals please contact:



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