

Chronic & Interdisciplinary Pain Management

The Advantage Healthcare Systems approach to pain and disability reflects the belief that work-related musculoskeletal disorders result from the interaction between environmental and individual factors. Included among these factors are the worker's psychological and behavioral reactions to pain. Research has clearly established that everyday stress and negative mood can contribute to physical pain. Unrelenting pain may, in turn, become a stressor in and of itself. Advantage Healthcare Systems Chronic Pain Management Program helps the individual take control for his or her well being, in order to break out of the stress-pain cycle.

Your treatment plan may include the following therapies:

- Individual and group counseling
- Biofeedback • Relaxation technique
 - Visual imaging
- Learning or conditioning techniques
- Cardiovascular Training • Goal Training
 - Nutritional Counseling/ Education
- Spinal/Safety instructions for daily Activities
- Vocational Therapy • Occupational Therapy
- Home Exercise Training • Accupuncture

Pain is a "whole person" experience. Most people experience pain physically, emotionally, socially, and intellectually. Pain can inhibit a normal productive life: it can limit your ability to concentrate, participate in physical activities and enjoy social interactions.

Interdisciplinary Approach

Health through Knowledge and Rehabilitation

Work Conditioning

Clients who are beyond the initial acute stage of modalities and strengthening may be candidates for Work Conditioning. Typical clients are de-conditioned post injury and their work usually requires heavy job demands. This is an intensive 4-8 hour program, 5 days a week, which is both work and goal-oriented. This service is offered at all of Advantage Healthcare Systems facilities.

This program helps restore physical capabilities that are required for work. Programs typically are 2-4 weeks depending on the functional levels needed before full return-to-work but can last longer based on the patient's treatment plan.

Physical Modalities

Included in the program consists of:

- Cardiovascular Training • Goal Training
 - Nutritional Counseling/ Education
- Spinal/Safety instructions for daily Activities
- Vocational Therapy • Occupational Therapy
 - Home Exercise Training

Work Hardening

The functional, physical, behavioral, and vocational needs of injured workers are addressed by involving all parties who have an interest in a rapid, stable, and safe return-to-work. Much attention is paid to work behaviors, education and safety.

The highly structured, goal-oriented program involves intensive strengthening and conditioning, cardiovascular training, behavioral and psychological counseling, and work simulation that reproduces the physical demands of the job in terms of work heights, weights, postures, and tolerances. Many cases require on-site evaluation of the job.

Daily programs typically progress from 4-8 hours in length over a four-six week period, with many clients released early after meeting their program goals.



• CANTON • DALLAS • ENNIS • FORT WORTH •
• SAN ANTONIO • TYLER •

Phone: 1-877-487-8289

Fax: 1-888-600-9834



Why use Advantage?

Advantage Healthcare Systems was established in November of 1999 as a response to an ongoing need for a multidisciplinary program for the injured. Our structured programs have a customized curriculum catered to each patient, ensuring newly acquired skills that will become a part of each patient's life.

Lifestyle changes occur for patients during the educational process and our professionals guide each patient in the appropriate uses for all new skills learned.

It would be a great pleasure to serve you and your patients.

Committed to You

We Have Many Locations to Serve You:

CARF Accredited Facilities:

Advantage Healthcare Systems

214 W. Colorado Blvd.
Dallas, TX 75208
P - 214-941-4550
F - 214-941-4562

Ennis Healthcare Systems

507-B S. Clay St.
Ennis, TX 75119
P - 972-875-7488
F - 972-875-7508

Fort Worth Healthcare Systems

1051 Haskell St., Ste# 200,
Fort Worth, TX 76107
P - 817-377-4011
F - 817-377-9269

Additional Areas To Serve You:

Canton Healthcare Systems

300 S. Main St., Canton, TX 75103
P - 903-567-6106

Smith County Healthcare Systems

508 E. Front St., Tyler, TX 75702
P - 903-593-4206

Hill Country Healthcare Systems

6521 San Pedro Ave., San Antonio, TX 78216
P - 210-366-0607

**For scheduling
please call
877-487-8289**

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