



# Pain Recovery Program

**Finding freedom from pain.**

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**Chronic pain isn't simply physical.**

Pain and substance use disorders (SUDs) are each debilitating on their own. Together, they can seem insurmountable. As part of Ashley's inpatient programs, the Pain Recovery Program (PRP) uses innovative tools and therapies to help patients reduce or eradicate chronic pain and regain control of their lives. The program focuses on recovery rather than merely managing pain.





*“ We approach the healing process from a multi-dimensional, multi-model framework that helps our patients achieve wellness. ”*

*- Ashley Staff Member*

## How the Program Works

The Pain Recovery Program takes place on our main campus in Havre De Grace, Maryland. While each plan is tailored to the needs of the patient, the predominant component of the PRP is physical therapy. The program helps patients reduce their pain through effective alternative therapies while also treating their dependence on medication. The ultimate goals are to maximize functionality and mobility, improve quality of life, and encourage patients to get up and moving, have fun, and live a whole, happy life.

Throughout the 35-day program, participants will:

- Receive an individualized treatment and physical conditioning plan with physician-directed patient care.
- Receive a thorough multi-disciplinary assessment.
- Receive a continuing care plan utilizing Ashley's network of pain recovery specialists.
- Undergo onsite, medically monitored detoxification from addictive medications.
- Attend physical and hydrotherapy three to four times a week offsite.
- Engage in fitness activities that restore strength.
- Take part in acupuncture, massage, and reiki to improve comfort.
- Attend workshops and support group meetings.

Other healing activities include art therapy, yoga, meditation, spiritual counseling, transcutaneous electrical nerve stimulation (TENS) and SUD education. Each participant will receive support from a dedicated team, including board-certified physicians, nurses, an addiction psychiatrist, a trained mindfulness-based cognitive therapy counselor, a personal trainer and a counselor.

## How to Participate

The PRP serves adults who want to take control of their lives and reclaim their ability to feel joy. Our expert team is specifically trained to meet the unique demands of pain recovery and integrate physical and psychological therapies with counseling. To learn more or get started, call 1-800-799-4673 or email [info@ashleytreatment.org](mailto:info@ashleytreatment.org).

## A Legacy of Compassionate, Effective Care

Our founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat substance use disorders differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery was one of understanding and empathy. Their legacy has helped more than 45,000 patients and 100,000 family members heal their minds, bodies, and spirits. We know that recovery means everything. And we know that recovery is possible.