Pediatric Pain Rehabilitation Program
at Kennedy Krieger Institute

Who We Are
We provide outpatient and inpatient interdisciplinary evaluation, treatment, and follow-up services for patients with chronic pain resulting in pain-associated disability. Our goal is to help patients more fully participate in daily activities and to develop coping skills that help them successfully return to school, home, and community life.

Who We Serve
We treat patients with a variety of medical diagnoses, pain locations, and symptoms. One of the primary types of pain we see is musculoskeletal pain, including causes and diagnoses such as:
• Pain caused by surgery or injury
• Complex regional pain syndrome (reflex sympathetic dystrophy)
• Functional gait disorders
• Hypermobility
• Ehlers-Danlos syndrome
• Fibromyalgia

We also see patients with the following:
• Abdominal pain
• Chronic fatigue syndrome
• Postural orthostatic tachycardia syndrome
• Neuromediator hypotension

In addition, many of our patients have pain-related mental health symptoms or conditions such as depression or anxiety. Our patients typically range in age from 6 to 18 years, with an average age of 13. For individuals older than 18 years and younger than 6 years, inpatient care will be considered on a case-by-case basis.

Our Team
An experienced, interdisciplinary care team works with each patient and family to ensure treatment recommendations are targeted to the patient’s unique needs.

• Our inpatient team includes pediatric rehabilitation physicians, physical therapists, occupational therapists, pediatric psychologists, social workers, nurses, neuropsychologists, educators, and therapeutic recreation and child life specialists.
• Our outpatient team includes a pediatric pain management anesthesiologist, rehabilitation physician, nurse, pediatric psychology therapist, physical therapist, and clinic coordinator.
• Our day treatment team includes pediatric rehabilitation physicians, physical therapists, occupational therapists, a pediatric psychology therapist, a social worker, nurses, neuropsychologists, and educators.
• Consultative services are provided, as needed, in areas including pediatric pain management anesthesiology, psychiatry, nutrition, inpatient complementary and alternative therapies (e.g., massage, energy, acupuncture), and other medical diagnostic consultations (e.g., neurology).

For more information, visit kennedykrieger.org or call 888-554-2080.
Our Treatment Approach
Each patient receives an initial evaluation in our outpatient interdisciplinary pain clinic. The team then develops a treatment plan that could include inpatient or outpatient care.

Inpatient Care
Patients who need intense, full-time care receive daily therapy that addresses physical, daily living, medical, psychological, and educational goals.

To maximize success, attainable goals are set for each day. As the patient becomes better able to manage and cope with his or her pain, we gradually increase physical demands. This increase helps patients learn to pace their daily tasks and activities, and learn when and how to relax. Once patients learn and practice coping strategies, current medications can be reassessed and adjusted.

Initial Evaluation: Caregivers are encouraged to attend the initial evaluation period (approximately the first three days of admission) and may spend the night during the evaluation process if they choose. After the evaluation period, caregivers are strongly discouraged from rooming in, so that patients can focus on their rehabilitation goals and adjusting to the hospital setting. Additionally, some restrictions may be set for visitors during daytime hours. These restrictions will be discussed at the family meeting at the beginning of the inpatient admission.

Family and caregiver training occurs throughout the stay. The average length of an inpatient stay in our program is 27 days (with a range from 4 to 78 days).

Day Treatment Care
For patients who require short-term intensive therapy without the need for hospitalization, we recommend our comprehensive rehabilitation day hospital model. This program fills a unique niche by providing support for pain management through a rehabilitative approach in a more natural, school-like environment that prepares children to return to school. Each day, patients attend a full day of therapy that addresses physical, daily living, medical, psychological, and educational goals. Attainable daily goals are set to maximize success. Parents participate in several weekly sessions for training and support in the care of their child with chronic pain.

At discharge from our inpatient and day treatment care, all patients are scheduled for a follow-up appointment in the outpatient interdisciplinary pediatric pain clinic. These appointments usually occur one to three months after inpatient discharge.

Please note: Patients who require intensive psychiatric services may not be appropriate for inpatient or day treatment care.

Outpatient Care
Patients are followed in our interdisciplinary outpatient pain clinic for medical rehabilitation, as well as behavioral and psychosocial assessment and recommendations. They may be referred for additional outpatient services within Kennedy Krieger Institute, if appropriate.

Follow-Up Care
After discharge, recommendations for outpatient physical therapy, occupational therapy, or mental health services may be provided for ongoing therapeutic support, continuation of progress, and ongoing assessment and treatment of pain. Arrangements for community referrals will be provided for patients who live too far away.

Our Success
Our program has a proven record of treatment success and patient satisfaction.

- 100 percent of family members reported overall satisfaction with our care.
- 98 percent of children met or exceeded goals set at their admission.
- 100 percent of patients would recommend our programs to others in need of rehabilitation.

In most cases, patients are discharged from our inpatient and day treatment pain programs with less pain-related impairment; better coping skills, physical conditioning, and tolerance; and an ability to participate in developmentally appropriate activities at home and in the community. Moreover, most patients return to school and require fewer intensive outpatient or urgent medical services (e.g., emergency room visits, diagnostic testing), and parents and caregivers miss fewer work days.

Contact Information
Pediatric Pain Rehabilitation Program
For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080. TTY: 443-923-2645 or Maryland Relay 711 kennedykrieger.org/pain-rehabilitation-program

Physician & Healthcare Professionals
To make a referral, call our Physician Referral Line at 443-923-9403.

Mailing Address:
707 North Broadway
Baltimore, Md. 21205