

PAIN REHABILITATION PROGRAM

OUTPATIENT

Mary Free Bed[®]
Rehabilitation



If you struggle with chronic pain, our specialists can help. For more than 30 years, the Pain Rehabilitation Program has partnered with patients to restore function, hope and freedom to live full and productive lives.

Persistent pain can be complex. And unlike pain that comes from an injury, illness or medical procedure, the cause isn't always clear.

At Mary Free Bed, we treat the whole person. Here, you'll find comprehensive, mind-and-body rehabilitation that complements or replaces conventional medicine. Targeted therapy helps improve your function in the areas of life that matter most to you. Individualized programs include:

- Physical conditioning
- Retraining your body how to move
- Helping you manage your pain

CONDITIONS WE TREAT

- Chronic, non-cancer-related pain
- Headaches/Migraines
- Fibromyalgia
- Complex Regional Pain Syndrome (CRPS)
- Chronic spine pain
- Other conditions that result in chronic pain

WHAT TO EXPECT

Our providers take the time to get to know your history and present conditions. You'll start with a consultation/evaluation with a physician or physician assistant. If our program is a good fit, we'll recommend the most appropriate Mary Free Bed outpatient location and modify the treatment to fit your needs.

Initial evaluations could be with a physician, physician assistant or nurse practitioner.



WHY MARY FREE BED?

Patients who have participated in the program have reported:

- Decreased pain intensity
- Increased ability to get back to daily activities
- Less depression and anxiety
- More adaptive approaches to dealing with pain
- Less reliance on pain medication

TREATMENT

The 10-week, comprehensive Pain Rehabilitation program can be completed in Grand Rapids or Traverse City. Some Mary Free Bed locations offer pain treatment and therapy unique to the location and team. Call us to learn more about our offerings at specific sites.

LEARN MORE

[maryfreebed.com/
chronic-pain](https://maryfreebed.com/chronic-pain)



LOCATIONS

Comprehensive Pain Rehabilitation:

Mary Free Bed Rehabilitation Hospital

235 Wealthy St. SE
Grand Rapids, MI 49503
P: 616.840.8005
F: 616.840.9642

Mary Free Bed at Munson Healthcare - Long Lake

5191 Rosewood Drive
Traverse City, MI 49685
P: 231.946.1979
F: 231.946.1984

Comprehensive Pain Rehabilitation:

Mary Free Bed Holland

3290 N. Wellness Drive
Building D, Suite 150
Holland, MI 49424
P: 616.294.4066
F: 616.994.6062

Mary Free Bed at Cancer & Hematology Centers of Western Michigan - Muskegon

6425 S. Harvey St.
Norton Shores, MI 49444
P: 231.798.4866
F: 231.798.6391

Mary Free Bed Kalamazoo Southwest

7125 Stadium Drive
Kalamazoo, MI 49009
P: 269.492.6575
F: 269.492.6577

Mary Free Bed at SpartanNash YMCA

5722 Metro Way - Suite B
Wyoming, MI 49519
P: 616.840.7529
F: 616.840.9693