Lifestyle Redesign®
FOR PAIN MANAGEMENT

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:
- Identify pain triggers and ways to limit those triggers
- Implement energy conservation and pacing techniques
- Manage medication side-effects
- Explore alternative vocations and/or leisure activities
- Create an ergonomic workspace, car, and home
- Learn about body mechanics and positioning techniques
- Reduce pain levels with stress reduction and relaxation techniques
- Understand the pain cycle to afford better control over pain
- Plan ahead to manage time effectively
- Develop health promoting daily routines

How much time will this take?
Sessions are typically held for 30-60 minutes, one time per week. in person or via telehealth. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?
We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.

Find out more at chan.usc.edu/otfp
For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.