



# 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](https://chan.usc.edu/otfp)**

**For any questions, email [otfp@med.usc.edu](mailto:otfp@med.usc.edu),  
call (323) 442 - 3340 or fax (323) 442 - 3351.**

**USC** Mrs. T.H. Chan  
Division of Occupational Science  
and Occupational Therapy