



## Functional Restoration Program

### *Sample Week*

<b>HOUR</b>	<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>HOUR</b>	<b>FRIDAY</b>
9:00 – 9:30	<i>30 min</i>	Navigating Work Comp <b>MARLENE</b>	Check in <b>DR HAGAN</b>	Navigating Work Comp <b>MARLENE</b>	Check in <b>DR HAGAN</b>	9:00 – 10:30 <i>90 min</i>	Stress Management <b>DR PEREZ</b>
9:30 – 11:30	<i>120 min</i>	Physical strength and conditioning <b>DR. COFFEEN</b>	Physical strength and conditioning <b>DR COFFEEN</b>	Physical strength and conditioning <b>DR COFFEEN</b>	Physical strength and conditioning <b>DR COFFEEN</b>	10:30 – 11:45 <i>75 minutes</i>	Movement Awareness <b>TIM</b>
11:30 – 12:30	<i>60 min</i>	Psychology of Pain <b>ADRIANA</b>	Self Management <b>NP GOUDEAU</b>	Mind-Body Connection <b>MICHELE</b>	Nutrition <b>YOLANDA</b>	11:45 – 12:45	Build Effective Change <b>DR HAGAN</b>
12:30 – 1:30	<i>60 min</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	12:45 – 1:30	<i>LUNCH</i>
1:30 – 3:00	<i>90 min</i>	Therapeutic Movement <b>ALISSA</b>	Art Therapy <b>BARBARA</b>	Yoga <b>MELINA</b>	Therapeutic Movement <b>ALISSA</b>	1:30 – 2:30 <i>60min</i>	Dance <b>SARAH</b>
3:00 – 3:30	<i>30 min</i>	Check Out <b>MICHELE</b>	Navigating Work Comp <b>MARLENE</b>	Check Out <b>MICHELE</b>	Navigating Work Comp <b>MARLENE</b>		