

Interdisciplinary Pain Rehabilitation Program, (FIRST) Program

Cincinnati Children's offers one of the country's only Functional Independence Restoration Programs (FIRST), a comprehensive inpatient rehabilitation program for children whose severe, chronic pain is preventing them from enjoying a good quality of life. The FIRST Program was only the second in the world to receive a CARF accreditation for Interdisciplinary Pain Specialty.

Our functional independence restoration approach helps patients learn more about their condition, develop coping skills, recondition their bodies and transition back into their lives. This inpatient program is part of the Pain Management Center at Cincinnati Children's, which is nationally recognized for its expertise in the diagnosis, treatment and research of complex pediatric pain conditions.

Program Goals and Benefits

Our program involves intensive, inpatient rehabilitation for children and adolescents, 10 – 18 years of age, who are experiencing chronic pain syndromes and pain associated disability. Some patients experience significant pain relief as a result of the program, but the ultimate goal is to help them become more independent and resourceful so that they can manage their pain effectively and regain a typical life at home, at school and in their community.

Common Diagnosis

- Amplified musculoskeletal pain syndromes
- Complex regional pain syndrome (reflex sympathetic dystrophy)
- Fibromyalgia
- Functional abdominal pain syndrome
- Noninflammatory joint or back pain
- Widespread pain related to joint hypermobility syndromes

Services Provided

- Pain & PM&R Physicians
- Psychologist
- Nursing
- Therapy Services
 - » Occupational Therapy
 - » Physical Therapy
 - » Therapeutic Recreation
- Social Work
- Care Management
- Dietician
- Massage
- Child Life
- Music Therapy
- School
- School Intervention/Reentry

Hours of Operation

Nursing and physician coverage is available 24 hours a day, seven days a week.

Therapy services are available:

- 8 am – 5 pm, Monday – Friday
- 8 am – 4:30 pm, Saturday

Sunday is designed to be a day for family activities & practicing community engagement.



Sample Daily Schedule

7 am	Wake up, breakfast, get ready
8 am	Rehab medicine & nursing rounds
8:15 am	Physical therapy
9 am	Occupational therapy
9:45 am	Morning break
10 am	Behavioral Medicine
11 am	School Instruction
12 pm	Lunch & Break
1 pm	Physical therapy
1:45 pm	Occupational therapy
2:30 pm	Afternoon break
3 pm	Child Life/Recreational Therapy
4 pm	Home Exercises
4:45 pm	Music Therapy/Massage
5:30 pm	Parents return
6 pm	Dinner
7 pm	Cardio Activities
7:30 pm	Evening family activity
8:30 pm	Quiet activities
9 pm	Get ready for bed
9:30 pm	Relaxation
10 pm	Lights out!

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Inpatient Rehabilitation Outcomes

Tracking outcomes and statistics of inpatient pediatric rehabilitation patients at Cincinnati Children's and sharing this information with our families is an important part of how we work to continually improve care. It is our hope that this results in a better quality of life for you and your child.

Fiscal Year 2021 Snapshot

Number of patients admitted	28
Average number of days in rehab program	20
Ages served	10 – 18
Therapeutic hours	4.6
Average hours per scheduled therapy day of therapeutic intervention in an inpatient stay. (Therapeutic intervention is defined as physical therapy, occupational therapy, speech therapy, recreational therapy and psychology.)	



96%
of patients directly discharged from our rehab unit into a home setting

82%
of patients return to leisure activities by their 90 day post inpatient follow-up call

100%
of patients who were able to maintain or improve overall function while in the program

100%
of the families surveyed gave the program overall favorable responses regarding overall program score

For patient referrals and non-urgent consultation, contact the program directly at: 513-803-1500

The admission process includes outpatient evaluation in the Pain Management Center. Pediatric pain rehabilitation is a specialty service and requires authorization prior to the inpatient stay which is handled by the nurses in Pain Management after the initial evaluation. We accept all commercial insurance plans, including many HMO and PPO plans, as well as Medicaid. During your stay, we will provide you with a disclosure statement of anticipated fees to assist in planning for expenses.