**Company Name: Northwest Occupational Medicine Center**

**UTN: 3313883**

**Order File Name: 6141009b671ff90d047ef067**

**Writer: Krizia Palisoc**

|  |  |
| --- | --- |
|  | Page Titles |
| 1 | Home |
| 2 | Clinical Team |
| 3 | About Us |
| 4 | FAQs |
| 5 | Day Treatment |
| 6 | Outpatient Services |
| 7 | Patient Resources |
| 8 | Outcome Data |
| 9 | Contact |

|  |  |
| --- | --- |
|  | Image/s |
| File Name: | allisynSmith.jpg |
| Alt Tag: | Allisyn Smith |
| File Name: | Amy-Danielson-DOT.jpg |
| Alt Tag: | Amy Danielson |
| File Name: | bradLorber.jpg |
| Alt Tag: | Brad Lorber |
| File Name: | br-logo.png |
| Alt Tag: | The company logo |
| File Name: | columbiaValley.jpg |
| Alt Tag: | Columbia Valley |

|  |  |
| --- | --- |
|  | –Website Page 1–Home |
| Title | **Home - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Northwest Occupational Medicine Center in Beaverton, OR offers occupational therapy and vocational rehabilitation counseling. Contact us to inquire.** |
| Keywords | **Northwest Occupational Medicine Center,CARF Accredited Program,functional restoration,rehabilitation of individuals,rehabilitating injured workers,comprehensive interdisciplinary approach,early intervention,Disability prevention,Prevention of long-term disability** |
| Special Instructions | **Please refer to http://www.nwomc.com/ for the layout, formatting, and other elements of this page. Please also refer to that link for the header of this site.** |
| Page/Navigation Button Name | **Home** |

**HERO SECTION**

**Caption:** Welcome to NWOMC

**Supporting Statement:** A unique Interdisciplinary Pain Center located in beautiful Portland, Oregon. Come learn more about us and the services we offer.

**Welcome to NWOMC (H1)**  
**A CARF Accredited Program specializing in the functional restoration and rehabilitation of individuals. (Please keep the bold formatting of this text)**

Utilizing the experience gained from over 40 years of rehabilitating injured workers using a comprehensive interdisciplinary approach, NWOMC offers…

**(Start of bulleted list – in this order)**

Innovative approaches in early intervention

Disability prevention

Maximizing of surgical outcomes

Prevention of long-term disability

**(End of bulleted list)**

Northwest Occupational Medicine Center, Inc. is dedicated to providing appropriate evaluation and care of individuals with muscular-skeletal problems and offering consultation to physicians, nurse case managers, managed care organzations, vocational rehabilitation counselors, and other health care providers.

**(Please see http://www.nwomc.com/ for the format of this section)**

*“The professionalism of the staff is incredible. Their knowledge and ability to guide and instruct you during your recovery makes this program unique. I’m grateful I was afforded this opportunity.” 4th quarter 2013*

*“I have learned some very valuable skills that will not only help me at work, but in my personal life as well. I appreciate the opportunity to participate in this program. Thank you everyone. Knowledgeable and caring staff. I felt ready to go back to work at 4 months after surgery, but was referred to work hardening instead. I was surprised to learn how I was using my muscles wrong and learned how to use them right. I realized that had I gong back to work before gaining the knowledge and strength that I did, I would have hurt myself again. Everyone who is injured should have the opportunity to benefit form this information. Invaluable!” 4th quarter 2013*

**Get To Know Our Clinical Team (Button link to Clinical Team page)**

|  |  |
| --- | --- |
|  | –Website Page 2–Clinical Team |
| Title | **Clinical Team - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Our clinical team at Northwest Occupational Medicine Center in Beaverton, OR specializes in occupational therapy and other related fields. Contact us!** |
| Keywords | **internal medicine,Physical Medicine and Rehabilitation,Health Psychology,cancer prevention,chronic pain patients,Occupational Therapy** |
| Special Instructions | **Please refer to http://www.nwomc.com/clinical-team/ for the layout, formatting, images, and other elements of this page.** |
| Page/Navigation Button Name | **Clinical Team** |

**Clinical Team (H1)**  
**Physicians (H2)**

**Jennifer Cann, MD (H3)**

**Specialty: Physical Medicine and Rehabilitation (H4)**

Dr. Jennifer Cann received her MD from Wake Forest University School of Medicine in North Carolina. She completed her internship in internal medicine at Temple University Hospital and her residency in Physical Medicine and Rehabilitation at Thomas Jefferson University, both in Philadelphia, PA.

**READ MORE (Link to Jennifer Cann.pdf)**

**Brad Lorber, MD (H3)**

**Specialty: Physical Medicine and Rehabilitation. Nerve Conduction Studies (H4)**

Dr. Lorber received his undergraduate education at Lewis & Clark College and then went on to complete his MD at Oregon Health Sciences University. He completed his medical internship at St Vincent’s Hospital.

**READ MORE (Link to Brad Lorber.pdf)**

**John Hamby, MD (H3)**

**Specialty: Pain Management (H4)**

Dr. Hamby completed medical school at Oregon Health Sciences University in 1985. He completed his medical internship at Naval Hospital Oakland, in Oakland, California.

**READ MORE (Link to John Hamby.pdf)**

**Tiffanie Wheeler (H3)**

**Specialty: Medical Assistant (H4)**

My career experience has been in insurance as a Worker's Compensation Claims Examiner. I have worked for companies such as AIG and Sedgwick claims Services.

**READ MORE (Link to Tiffanie Wheeler.pdf)**

**Psychologists (H2)**

**Andrew Barnes, Ph.D., BCB (H3)**

**Specialty: Health Psychology (H4)**

Dr. Barnes graduated with honors from Skidmore College and received his MA and PhD in Clinical Psychology from Yeshiva University's Ferkauf Graduate School of Psychology. He specialized in Health Psychology, working with cancer patients and their families while addressing research and clinical issues related to cancer prevention, treatment, and care.

**READ MORE (Link to Andrew Barnes.pdf)**

**Kim Goodale, Psy.D, BCB (H3)**

**Specialty: Health Psychology (H4)**

Dr. Goodale holds Master’s and Doctoral degrees in Clinical Psychology from Pacific University. During her doctoral training, she completed practicum training at St. John’s Medical Center, conducting assessments and consultations with chronic pain patients.

**READ MORE (Link to Kim Goodale.pdf)**

**Physical Therapists (H2)**

**Greg Mortensen, PT, DPT (H3)**

**Specialty: Physical Therapist (H4)**

Greg original worked in law enforcement, but became interested in physical therapy after becoming involved as a patient (feel free to ask him about his experience as a patient). In 2012, he attended Brigham Young University and graduated with a B.S. in Exercise Science.

**READ MORE (Link to Greg Mortensen.pdf)**

**David Craddock, B.S. (H3)**

**Specialty: Exercise Specialist (H4)**

David holds a Bachelor of Science degree in Physical Education Health Promotion/Fitness Management from Southern Oregon University. Additional training includes a national certification in occupational hearing conservation (COHC) from CAOHC.

**READ MORE (Link to David Craddock.pdf)**

**Occupational Therapists (H2)**

**Amy Danielson, OTD, OTR/L (H3)**

**Specialty: Occupational Therapist (H4)**

Amy earned her Clinical Doctorate and Masters degrees in Occupational Therapy at the University of Southern California. Completing her doctoral residency at the USC Occupational Therapy Faculty Practice, Amy specialized in lifestyle interventions for management of various chronic issues such as migraine, anxiety, ADHD, and weight management.

**READ MORE (Link to Amy Danielson.pdf)**

**Marcel Gose OTR/L (H3)**

**Specialty: Occupational Therapy Supervisor (H4)**

Marcel earned his degree in Occupational Therapy from Pacific University in 1996. Since then, he has worked in many different facets of OT and rehabilitation as a whole.

**READ MORE (Link to Marcel Gose.pdf)**

**Learn More About Us (Button link to About Us page)**

|  |  |
| --- | --- |
|  | –Website Page 3–About Us |
| Title | **About Us - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Northwest Occupational Medicine Center in Beaverton, OR has been providing excellent functional restoration and clinical care since 1972. Contact us!** |
| Keywords | **Northwest Occupational Medicine Center,functional restoration,clinical care,pain management services,Traumatic Brain Injury,clinical psychology,occupational therapy,vocational rehabilitation counseling** |
| Special Instructions | **Please refer to http://www.nwomc.com/about-us/ for the formatting, layout, images, and other elements of this page.** |
| Page/Navigation Button Name | **About Us** |

**About Us (H1)**  
**Northwest Occupational Medicine Center has been providing excellence in functional restoration and clinical care since 1972 in the Portland area. We invite you to learn about our history so you can better understand our business now and as we press on to the future. (Please keep the bold formatting of this paragraph)**

Northwest Occupational Medicine Center was founded by Joel Seres, MD, neurosurgeon, and Richard Newman, Ph.D. in 1972 as a part of Emanuel Rehabilitation Services. It became the Northwest Pain Center and moved to an independent status where its offices were located on Cherry Blossom Lane near Portland Adventist Hospital. In 1989 it moved to the west side of Portland Metro Area with it’s main headquarters on SW 72nd Ave near Lake Oswego. In 2000, the founders, after 28 years of pain management services elected to retire their practice from the clinic. Brad Lorber, MD and Michael Leland, Psy.D. have served since that time as Co-Directors.

While serving as Co-Directors, Dr’s Seres and Newman also conducted extensive teaching, published in numerous professional journals, served the professional community, and provided a host of services in the area of pain management.

Since 1972, there have been many physicians, psychologists and therapists who have trained and worked at Northwest Occupational Medicine Center. Most notably, for over 10 years Sharon Labs, Ph.D served as the Chief of Staff directing the day to day activities of the Center. She brought her considerable skills and expertise in Traumatic Brain Injury to the Center and helped to establish a CARF accredited TBI Program that was well known in the Pacific Northwest for providing quality services. She is now in private practice in the Portland area. Richard Kolbell, Ph.D a local neuropsychologist and forensic expert, worked for a number of years at the Center. The late Susan Morton, MD, a neurologist, served for a number of years in the clinic’s TBI program. Kathy Weaver, MD served as the Pain Program Physician, among others. Other local psychologist who have trained and worked at NWOMC including David Gostnell, PhD; Jane Starbird, PhD; Katie Ugolini, PhD; Luke Patrick, PhD; Kate Leonard, Ph.D; Dale Vieth, PsyD; and John Givi, PhD., PsyD.

Northwest Occupational Medicine Center currently maintains a training site for local Universities for students in the fields of clinical psychology, occupational therapy and vocational rehabilitation counseling, including Pacific University, George Fox University and Portland State University.

**Find the Answers to Your Inquiries (Button link to FAQs page)**

|  |  |
| --- | --- |
|  | –Website Page 4–FAQs |
| Title | **FAQs - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Our team at Northwest Occupational Medicine Center in Beaverton, OR answered your questions about occupational therapy treatment. Call us today!** |
| Keywords | **Northwest Occupational Medicine Center,Comprehensive examination,assessment of posture,joint mobility,neurological screening,prescription for treatment,physical therapy,Psychotherapy sessions,Psychological testing,Physical therapy/Occupational Therapy,Physical therapists,Occupational therapist** |
| Special Instructions | **Please refer to http://www.nwomc.com/faqs/ for the formatting, layout, images, and other elements of this page.** |
| Page/Navigation Button Name | **FAQs** |

**FAQs (H1)**  
**Here are some frequently asked questions about your visit to Northwest Occupational Medicine Center, Inc. (Please keep the bold formatting of this sentence)**

**What happens during my first visit? (H2)**

**(Start of bulleted list – in this order)**

A through review of your medical and/or psychological history leading up to the injury or problem is completed.

Comprehensive examination performed including the assessment of posture, joint mobility, strength, flexibility and neurological screening.

Therapist of physician will discuss the results of the evaluation and provide recommendations.

Psychologist will review the results of the assessment or schedule another time to review the results.

**(End of bulleted list)**

**What time do I arrive from my first visit? (H2)**

Please arrive 15 minutes before your scheduled visit to complete onsite documents.

**What do I need to bring? (H2)**

**(Start of bulleted list – in this order)**

A prescription for treatment from your healthcare provider for services such as physical therapy.

Your insurance card

Completed paperwork that was received in the mail from us prior to your appointment

**(End of bulleted list)**

**How long does each visit last? (H2)**

**(Start of bulleted list – in this order)**

Evaluation with physician: 60 minutes

Follow-up appointment with physician: 30 minutes

PT/OT session: 60 minutes

Psychotherapy sessions: 50 minutes

Psychological testing: 2-7 hours.

**(End of bulleted list)**

**How should I dress? (H2)**

Wear or bring loose fitting clothing to enable you to expose the area being evaluated and treated. There are shorts and gowns for your temporary use if needed during physician exams.

**Do I need an appointment? (H2)**

Yes, we are referral based treatment center and do not treat walk-ins.

**How many visits will I need? (H2)**

**(Start of bulleted list – in this order)**

Physical therapy/Occupational Therapy: 1-3 times per week.

Psychotherapy: 1-2 times per week

Physician appointments: 1 time per month.

**(End of bulleted list)**

This is variable and will depend on the nature and severity of the condition.

**Why are people referred to physical or occupational therapy? (H2)**

**(Start of bulleted list – in this order)**

Physical therapists are experts at treating muscular-skeletal conditions, movement problems and pain associated with it. You could benefit if you have suffered sprains, tendonitis, back or neck pain, sports injuries, arthritis, strokes, sciatic, neurological disorders, vertigo/dizziness, and more.

Occupational therapist help individuals with mentally, physically, developmentally or emotionally disabling conditions to develop, recover, or maintain daily living and work skills. They also help to compensate for permanent lost of function.

**(End of bulleted list)**

**Do you communicate with my referring doctor? (H2)**

Yes! We send them a copy of your initial evaluation and periodic progress reports when you return to them for follow-up. We also update them when you are discharged.

**Who pays for treatment? (H2)**

In most cases, your insurer. Insurance co-pay, coinsurance, and payment for non-covered supplies or services are usually requested at the time of service.

**How do I know if my insurance covers my treatment? (H2)**

We suggest you contact your insurance company to clarify your coverage for therapy prior to your initial visit. Additionally, our billing office staff or admissions staff will verify your insurance coverage prior to your first visit.

**Inquire About What We Offer (Button link to Day Treatment page)**

|  |  |
| --- | --- |
|  | –Website Page 5–Day Treatment |
| Title | **Day Treatment - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Northwest Occupational Medicine Center in Beaverton, OR offers day treatment sessions, such as pain management and work hardening programs. Call us to inquire.** |
| Keywords | **functional restoration program,interdisciplinary program,physical therapy,individualized exercise program,occupational therapists,chronic health assessment and treatment,biofeedback and relaxation training,Vocational services,Work Hardening Program** |
| Special Instructions | **Please refer to http://www.nwomc.com/day-treatment/pain-management/ and http://www.nwomc.com/day-treatment/work-hardening/ for the formatting, layout, images, and other elements of this page.** |
| Page/Navigation Button Name | **Day Treatment** |

**Pain Management (H1)**

**We offer a comprehensive functional restoration program that addresses the multitude of skills necessary to cope with chronic health and improve your day-to-day functioning without excessive reliance on pain medication. (Please keep the bold formatting of this paragraph)**

An effective intensive interdisciplinary functional restoration program requires an extensive array of treatment provided by skilled therapists covering a variety of disciplines. Our program includes physicians, psychologists, biofeedback specialists, physical therapists, occupational therapists and vocational specialists. Our treatment team partners with the patient, referring physicians, other community treatment providers, and family members to offer the most concentrated effort towards helping the patient achieve the maximum level of functioning.

**Referral and Assessment Process (H2)**

The referral process begins with contact between our admissions staff and any of several parties involved in the patient’s care. Such parties might include the attending physician, nurse case manager, vocational rehabilitation counselor, or insurance or MCO representative.

**READ MORE (Link to Referral and Assessment Process.pdf)**

**Medical Services (H2)**

One of the main goals of our functional restoration program is to decrease the individual’s over-reliance upon continuing medical services. Therefore, our physician’s involvement within our interdisciplinary program is primarily consultative in nature.

**READ MORE (Link to Medical Services.pdf)**

**Physical Therapy (H2)**

Within our functional restoration program, physical therapy typically consists of stretching, strengthening, and improving cardiovascular function through an individualized exercise program. Each program is designed to address the de-conditioning that often results from chronic pain.

**READ MORE (Link to Physical Therapy.pdf)**

**Occupational Therapy (H2)**

Our occupational therapists work with program patients to identify difficulties in performing daily occupations, and assist patients in developing methods to increase functioning in these areas. Our occupational therapists also provide detailed education to the patient on the topics of body mechanics, pacing, posture, and ergonomics.

**READ MORE (Link to Occupational Therapy.pdf)**

**Psychological Services (H2)**

During interdisciplinary functional restoration program, patients work with our psychologists who specialize in the area of chronic health assessment and treatment. Patients participate in psycho-educational groups addressing such pain related topics as sleep management, family issues, assertive communication, and the way that cognitions affect their ability to cope with pain.

**READ MORE (Link to Psychological Services.pdf)**

**Biofeedback and Relaxation (H2)**

In biofeedback and relaxation training, patients use a variety of monitoring devices to observe their own muscular tension, surface temperature, heart rate, and other physiological functions. Increased awareness of this information allows individuals to improve their ability to evoke a relaxation response, and in turn reduce the negative effects of chronic pain and muscular tension.

**READ MORE (Link to Biofeedback and Relaxation.pdf)**

**Vocational Services (H2)**

Vocational services provided within the context of a functional restoration program often involve close coordination of the program’s vocational specialist with the externally assigned vocational rehabilitation counselor. Effective communication between the internal and external vocational providers allows for rapid problem solving if difficulties or challenges arise during treatment.

**READ MORE (Link to Vocational Services.pdf)**

**Putting It All Together (H2)**

It is important to understand that although each of the specific components of the Functional Restoration Program are designed to promote gains in that specific area, the greatest benefit from treatment comes from the synergistic effect that the different therapies have on each other.

**Work Hardening (H2)**

**Our Work Hardening Program is designed to successfully help transition an individual from acute care to return to work in a specific job without further injury. (Please keep the bold formatting of this paragraph)**

The program is a highly structured, goal oriented and individualized format designed to obtain maximum benefit in a relatively brief period of time. Our highly qualified and experienced physical therapy staff works individually with each patient to improve their strength, flexibility, and endurance. Specially trained occupational therapy staff design a work simulation program that improves functional strength, dynamic lifting capacities and positional activity tolerances.

Patients must possess a willingness to fully participate in the program, a key element in successful transition to a safe return to work.

The program typically starts with an initial assessment by a board certified physical medicine and rehabilitation physician and a physical or occupational therapist. If accepted into our program, the person usually starts with 4 hours of consecutive treatment, five days per week. The lengths of the treatment day as well as the physical demands of the program are increased systematically over a period of 3-4 weeks with a transition back to the work place. Treatment is coordinated with the attending physician, a vocational rehabilitation consultant, and the employer, with information also provided to the insurer regarding the individual’s progress.

Our Work Conditioning Program is directed at preparing an individual for general return to work when a specific job has not yet been determined. Physical and occupational therapy staff design an individual strengthening and conditioning program to improve strength, flexibility, endurance and overall physical capacities.

**See Our Outpatient Services (Button link to Outpatient Services page)**

|  |  |
| --- | --- |
|  | –Website Page 6–Outpatient Services |
| Title | **Outpatient Services - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Get in touch with us at Northwest Occupational Medicine Center in Beaverton, OR to learn more about the outpatient assessments and evaluations we offer.** |
| Keywords | **Public Safety Program,outpatient assessments and evaluations,physical therapy,occupational therapy,diagnostic evaluation,Neuropsychological evaluations** |
| Special Instructions | **Please refer to http://www.nwomc.com/outpatient-services/public-safety/, http://www.nwomc.com/outpatient-services/assessment/, and http://www.nwomc.com/outpatient-services/treatment/ for the formatting, layout, images, and elements of this page.** |
| Page/Navigation Button Name | **Outpatient Services** |

**Public Safety (H1)**  
**Our Public Safety Program has served the law enforcement and fire fighting community since 1992. (Please keep the bold formatting of this sentence)**

The program was founded by Richard Newman, Ph.D in 1992. Dr. Newman, in addition to his work as a psychologist, served as a Reserve Deputy Sheriff with Clackamas County Sheriff’s Department for a number of years.

Our Public Safety Program offers pre-employment, post-offer medical and psychological assessments for law enforcement officers, emergency dispatchers, parole and probations officers and fire fighters for approximately 35 different agencies in Oregon.

Professional Affiliations include membership in the following:

**(Start of bulleted list – in this order)**

International Association of Chief’s of Police

American Association for Correctional and Forensic Psychology

Oregon State Sheriff’s Association – Business Member

Society for Police and Criminal Psychology

American Psychological Association, Division 18 Public Safety

**(End of bulleted list)**

We are guided by the International Association of Chief of Police (IACP) Pre-Employment Psychological Guidelines revised in 2014, the Americans with Disablity Act and EEOC Guidelines.

Additionally we offer individual confidential counseling for police officers or fire fighters who may have been involved in traumatic incidents and require specialized counseling services.

**Assessment (H2)**

**At NWOMC we provide a number of outpatient assessments and evaluations. We are able to provide evaluations that cover medical, physical therapy, occupational therapy and psychological domains. (Please keep the bold formatting of this paragraph)**

**Medical Evaluations: (H3)**

**Physician Evaluation (H4)**

Depending on referral issues to be addressed; the selected board certified physician specialist performs an evaluation and makes recommendations for further diagnostic studies and/or treatment, if indicated. Available medical specialties include: Physiatry, Orthopedic Surgery, Neurology and Psychiatry.

**Electrodiagnostics (EMG/NCV) (H4)**

This diagnostic evaluation is performed and interpreted by a board certified physiatrist.

**Closing and Rating Evaluation (H4)**

This examination is performed by selected clinicians to determine whether or not the effects of an industrial injury can be considered medically stationary/fixed and stable, and to determine the rating of any permanent impairment associated with the injury according to appropriate state statues.

**Independent Medical Evaluation (IME) (H4)**

Multiple examiners evaluate the injured worker’s current status and make recommendations regarding future evaluation and management. The type and number of examiners is based upon referral issues to be addressed.

**Physical and Occupational Therapy Evaluations: (H3)**

**Psychological Evaluations: (H3)**

**Psychological Pain Evaluation (H4)**

Our experienced clinical and medical psychologists are available to evaluate injury-related or other unrelated issues which may be interfering with recovery and return to work. We also make treatment and/or management recommendations as appropriate. A variety of psychometric instruments are utilized as part of the evaluation and may include the MMPI-2, the BHI-2, The McGill Pain Assessment, functional based pain scale and others.

**Comprehensive Psychological Evaluation (H4)**

In addition to specializing in pain and somatization disorders, our clinical psychologists are trained to assess and diagnose the full spectrum of mood, anxiety, and other psychological disorders, including personality disorders. Along with a DSM-IV diagnosis, recommendations regarding treatment are offered. Speciality areas include Post-Traumatic Stress Disorders, Bariatic Surgery Evaluations, Pre-Surgery Psychological Evaulations for spinal cord stimulators, or intrathecal pumps.

**Neuropsychological Evaluation (H4)**

Neuropsychological evaluations, including testing, are recommended when a patient has sustained an injury that may have resulted in diminished cognitive functioning (e.g. head injury, toxic exposure, stroke, etc.) or when non-injury related factors such as psychiatric illness or disease process may be interfering with cognitive functioning.

**Treatment (H2)**

**Individual or multiple outpatient services may be accessed to target specific rehabilitation needs and solutions. These might include one or more of the following: (Please keep the bold formatting of this paragraph)**

**Medical (H3)**

Our physicians provide outpatient treatment for work-related injuries, motor vehicle injuries, as well as private health insurance beneficiaries. Treatments include medication management, limited procedures, and basic medical follow-up.

**Psychological Assessment and Psychotherapy (H3)**

Psychologists at NWOMC are trained to provide evidence based psychotherapy for a range of psychological and health-related conditions such as depression, anxiety, post-traumatic stress disorders, somatization disorders, and adjustment issues.

**Occupational Therapy (H3)**

Occupational therapists provide rehabilitative services to individuals with injuries and other conditions requiring rehabilitation in areas of daily living. Body mechanics, pacing, and simulation of work and home activities are the focuses of treatment. Work site ergonomic visits can also be arranged on an individual basis.

**Biofeedback Therapy (H3)**

A certified biofeedback practitioner can work with patients to learn self-regulation skills for management of various conditions including chronic headache, chronic low back pain, and anxiety. Patients learn to control physiological responses to stress through feedback provided by a computer that monitors the individual’s physical functioning, such as muscle tension, respiration, and finger surface temperature.

**Physical Therapy (H3)**

Outpatient physical therapy services are offered at NWOMC, and provide patients with state-of-the-art treatments for injury rehabilitation. Active modalities of treatment are the focus, providing patients with tools to generalize to their own home exercise programs. However, modalities such as ultrasound, electrical stimulation, TENS units, and passive stretching are provided in appropriate cases.

**Browse Through Our Patient Resources (Button link to Patient Resources page)**

|  |  |
| --- | --- |
|  | –Website Page 7–Patient Resources |
| Title | **Patient Resources - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Our team at Northwest Occupational Medicine Center in Beaverton, OR compiled helpful links and phone numbers to help you learn about pain management.** |
| Keywords | **chronic pain,pain management,web links,phone numbers,National Chronic Pain Outreach Association,American Academy of Pain Management,American Council for Headache Education,outpatient services,policy provisions,therapy coverage,insurance contracts** |
| Special Instructions | **Please refer to http://www.nwomc.com/patient-resources/links/ and http://www.nwomc.com/patient-resources/insurance-billing/ for the formatting, layout, and other elements of this page.** |
| Page/Navigation Button Name | **Patient Resources** |

**Links (H1)**  
**We know that it’s important to learn about chronic pain and pain management, so we’ve gathered some helpful web links and phone numbers to help you educate yourself. (Please keep the bold formatting of this paragraph)**

**Organizations (H2)**

National Chronic Pain Outreach Association: 540.862.9437 **(Link National Chronic Pain Outreach Association to http://www.chronicpain.org/)**

American Academy of Pain Management: 209.533.9744 **(Link American Academy of Pain Management to http://www.aapainmanage.org/)**

American Chronic Pain Association (ACAP): 916.789.1232, 800.533.3231 (toll free) **(Link American Chronic Pain Association (ACAP) to https://www.theacpa.org/)**

American Council for Headache Education: 856.423.0258 **(Link American Council for Headache Education to https://americanmigrainefoundation.org/)**

American Pain Foundation: 888.615.PAIN (toll free) **(Link American Pain Foundation to http://www.painfoundation.org/)**

Pain Society of Oregon

Quest Center for Integrative Health Pain Program **(Link to https://quest-center.org/)**

National Foundation for the Treatment of Pain: 713.862.9332

**Recommended Reading (H2)**

Pain Resources for Patients and Their Families **(Link to https://uofuhealth.utah.edu/pain-research-center/)**

Local Patient Resources **(Link to PatientResource.docx)**

NWOMC Patient Handbook **(Link to NWOMC-Patient-Handbook.docx)**

Chronic Pain

NINDS Chronic Pain Information Page

**Insurance & Billing (H2) (Please keep the text formats of this section)**

**Many worker’s compensation insurance carriers will consider payment for comprehensive pain management services.**

Outpatient services may also be covered by both worker’s compensation, auto insurance and commercial insurance depending upon your policy provisions. Please review your individual policy or contact your insurance carrier for an explanation of medical, physical, occupational, mental health and other therapy coverage. Northwest Occupational Medicine Center, Inc as a courtesy to you, will bill your *primary* insurance carrier. Patients are responsible to pay for services at the time of service, in accordance with your insurance contracts.

**See the Benefits of Our Treatment (Button link to Outcome Data page)**

|  |  |
| --- | --- |
|  | –Website Page 8–Outcome Data |
| Title | **Outcome Data - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Read the reviews of our patients to learn more about our treatments programs at Northwest Occupational Medicine Center in Beaverton, OR.** |
| Keywords | **Collective program evaluation information,Comprehensive Pain Management Program,work hardening program,physical functioning,affective mood disturbances,good pain and bad pain** |
| Special Instructions | **Please refer to http://www.nwomc.com/patient-resources/outcome-data/ for the formatting, layout, and other elements of this page.** |
| Page/Navigation Button Name | **Outcome Data** |

**Outcome Data (H1)**  
**When choosing any treatment program, it is important to know that the program you are selecting will help you. To that end we’ve collected some relevant statistics and patient quotes for you. (Please keep the bold formatting of this paragraph)**

**Treatment Program Outcomes (H2)**

Collective program evaluation information for patients completing the Comprehensive Pain Management Program over the past 5 years reveals the following results:

**(Start of bulleted list – in this order)**

61% reported a decrease in pain perception at follow-up.

81% of our patients reported decreases in pain interfering with activities following treatment.

62% reported a decrease in affective mood disturbances following treatment

76% reported an increase in their ability to manage their pain.

61% reported an increase in physical activity at follow-up

72% reported a decrease in use of pain medication.

93% reported positive vocational adjustment at follow-up.

**(End of bulleted list)**

In the work hardening program

96% had increase in physical functioning as measured by active range of motion from admission to discharge.

80% of person’s served in work hardening program were recommended for return to their target job at discharge.

At 6 weeks post discharge, 59% had returned to work with 55% in their same job at the time of injury with 50% working with the same employer.

**(Please refer to http://www.nwomc.com/patient-resources/outcome-data/ for the format of this section)**

**A Sample of Patient Comments (H2)**

**Work Hardening (H3)**

*The professionalism of the staff is incredible. Their knowledge and ability to guide and instruct you during your recovery makes this program unique. I’m grateful I was afforded this opportunity. Qtr 1&2, 2014.*

*I really enjoyed the entire staff. They are very well informed. I trust them and they taught me the difference between good pain and bad pain. I will truly miss you all! Qtr 1&2 2014.*

*I would like to say that the therapists at NWOMC saved my career. By doing what they said and working hard with them I was able to return to my career as a firefighter. The therapists at NWOMC are very concerned with your situation and strive hard to get you better, all you need to do is listen to them and do what they say and I feel you will get better. Thanks again for your hard and knowledgeable work on fixing my back. Qtr 4 2011.*

*I was told that I would not be able to perform my work below my knees. Back on the job showed I could not. I am now able to perform such work better than before my injury. I had my doubts going into this program based on lack of results from previous PT. A week and a half into this program I could see that dedication to this program and applying what the personnel shared would in fact accomplish what I needed. It did!!! Thank you!! Qtr 3 &4 2014.*

*There are people who just show up to their job for a paycheck. While here I didn’t experience that at all. Everyone seems to love their job and they did it with a smile that made you want to return even thought sometimes you knew it would hurt. They’re amazing people and I’m glad I came here. Qtr 3&4, 2014.*

**Pain Management (H3)**

*Thank you all so much for your professionalism and knowledge helping with pain control. Everything I have done here helps me everyday! Your kindness has been a blessing to me and I appreciate all of you. As I have said before if my pain was gone I would give you all a 100%. When I have flare-ups the techniques learned here have give me different ways to deal with the pain. I can not express how much that means to me. This program has made me hopeful again, because the first day I was here I was just going thru the motions. Today I am hopeful of better things to come. I will miss each and everyone of you and thank you from the bottom of my hear! Qtr 2, 2014*

*I appreciate the excellent staff that I encountered while being here. I also appreciate the individual attention that I was given to benefit my needs to control my pain. Qtr 2, 2014*

*When I first entered, I thought there is no way these tactics could work. I was 100% wrong. This program has helped me in every aspect of my life. I have hope again. I can smile and joke around about my injury now. The pain is still there, but it is manageable. The most important thing I have learned that “Its Okay.” Thank you all from the bottom of my heart. 2011*

*Each and every person I had contact with were amazing, kind, compassionate and knowledgeable and helpful. Thank you all so much.! Each and everyone of you have touched my life in a positive way. 2014*

*This has given me my life back. I now have a future to look forward to. The staff here was awesome. Very helpful, giving me many ideas of things to do BEFORE pain pills. I wish it could be a little longer. A lot of information for 20 days. But they made it work for me. I don’t even know where to start thanking them. gave me hope for my future. Thank you!! 2014.*

*This is, hands down, the most professional, respectful, motivating group of people I have ever met in a medical environment. Not enough words to describe how grateful I am for everyone’s input and education geared towards making me a better and overall “whole” person, especially when I didn’t see this in myself to begin with. Thank you. Qtr 2 2009*

**Contact Us Today (Button link to Contact page)**

|  |  |
| --- | --- |
|  | –Website Page 9–Contact |
| Title | **Contact - Northwest Occupational Medicine Center in Beaverton, OR** |
| Description | **Contact us at Northwest Occupational Medicine Center in Beaverton, OR for more details about occupational therapy and vocational rehabilitation counseling.** |
| Keywords | **Northwest Occupational Medicine Center,Beaverton,OR,occupational therapy,vocational rehabilitation counseling,contact us,schedule an appointment,personal biographies** |
| Special Instructions |  |
| Page/Navigation Button Name | **Contact** |

**HERO SECTION**

**Caption:** An Occupational Medicine Injury Center

**Supporting Statement:** If you have any questions about occupational therapy and vocational rehabilitation counseling, feel free to contact us to schedule an appointment. **CTA:** Call Us **(Button link to 503-684-7246)**

**Get in Touch (H1)**  
Thank you for visiting our online home. If you have any questions about occupational therapy and vocational rehabilitation counseling, feel free to contact us to schedule an appointment. You can also select the physicians, psychologists, and therapists of your choice. To learn more about our experts, please read their personal biographies included on this website.

**Contact Information** **(H2)**

**Northwest Occupational Medicine Center**

9400 SW Beaverton Hillsdale Hwy, Ste 205

Beaverton, Oregon 97005

**Phone:** 503-684-7246

**Fax:** 503-624-0724

**Email:** admissions@nwomc.com **(link to email)**

**Google map link: https://goo.gl/maps/xCPorCZ5uFoM12ru5**

**Service Area (H2)**

Oregon

**Hours of Operation** **(H2)**

Monday to Friday: 8:00 AM – 5:00 PM

**Inquiry Form (H2)**

**(Create a form and link to admissions@nwomc.com)**

Name: **(single-line field)**

Phone: **(single-line field)**

Email: **(single-line field)**

Message: **(four-line field)**

**WEBSITE DESIGN**

**Password Protection: None**

**Design Inspiration:**

**Do you have an existing website? If yes, enter below:**

* **www.nwomc.com**

**Do you want to sell products on your website? \***

* **No**

**How do people find out about your business?**

* **Referrals and advertisements**

**Describe your vision of your website.**

* **Informative, Simple, Clean, Professional**
* **Design Inspiration: https://www.nwpc.com/about-us/our-practitioners/ | https://tuality.org/tuality-ohsu-cancer-center/provider/ |**

**Do you have a logo?**

* **Yes, I will provide one**

**Choose a few words that describe your website's style.**

* **Modern, conservative, warm**

**Do you have any images that you'd like to use?**

* **I'll use both mine and stock**

**Do you have a previous website?**

* **www.nwomc.com**

**Selling items? Account information?**

* **no**

**Color scheme:**

* **artist's discretion (we wanna lighten up the website, we wanted to have warm colors)**

**Background:**

* **artist's discretion**

**Stock photos:**

* **Yes**

**Types Of Photos:**

* **image placeholder/web builder images (occupational theraphy, pain theraphy)**

**Font:**

* **artist's discretion**