

LEADERS IN PAIN MANAGEMENT AND FUNCTIONAL RESTORATION



RELIEVE RECOVER RENEW

NORTHERN CALIFORNIA
**FUNCTIONAL
RESTORATION**
P R O G R A M



Pain & Rehabilitative
CONSULTANTS MEDICAL GROUP



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CHRONIC PAIN

“Chronic Pain is far more serious than generally recognized.”

Short term or acute pain is often a warning sign of disease or injury and usually goes away with proper treatment. Unlike acute pain, chronic pain and chronic pain syndrome can persist after the normal healing period has ended. Some chronic pain syndromes do respond to conventional medical management, whereas some require a multi-disciplinary approach. Pain and Rehabilitative Consultants Medical Group's integrated approach addresses the very complex nature of chronic pain through comprehensive and individualized multidisciplinary treatment.

Both chronic pain and chronic pain syndrome can be associated with psychological symptoms such as depression, anxiety and can have devastating emotional, physical and economic consequences.

As a result, significant interruption can occur in the patient's social, recreational and interpersonal lives. Chronic pain patients can experience physical decline through decreased physical activity, sleep disturbance, weight gain or loss and dependence on pain medications. Interest in social activities and work may decrease and pain becomes the focus of the person's life.

At PRCMG, we believe that as a team, we can help all patients conquer pain. With years of experience and education, we understand that the impact of Chronic Pain is far more serious than generally recognized. With our unique, integrated and collaborative team approach, our ultimate goal is to relieve suffering and help patients effectively manage their pain and improve their quality of life by educating them, increasing their functional capacity and optimizing their use of medical resources.

Here are some of the conditions we treat at our Pain Treatment Center:

- Work Related Injuries
- Sport Related Injuries
- Muscle strain injuries
- Chronic Pain after Shoulder or Knee Surgery
- Back and Neck Pain
- Disc Problems
- Failed Back Syndrome
- Headaches and Migraines
- Sciatica
- Myofascial Pain Syndrome
- Spinal Stenosis
- Facet Arthropathy
- Reflex Sympathetic Dystrophy
- Repetitive Strain Injuries
- Peripheral Vascular Pain
- Neuropathic Pain Syndrome
- Fibromyalgia
- Post-herpetic Neuralgia
- Post Surgical and Post Traumatic Pain
- Pain associated with Spasticity
- Cancer Pain
- Neuromas
- Pelvic, Sacroiliac, Groin Pain
- Arthritis

ABOUT US

THE PRCMG ADVANTAGE

Pain and Rehabilitative Consultants Medical Group, leaders in both Acute and Chronic Pain Management, have been serving Northern California for more than 25 years.

The doctors at PRCMG have dedicated their professional careers to providing cost effective medical care of the highest quality, with a commitment to exceptional service.

At PRCMG, our providers constantly educate themselves on the newest techniques and approaches to provide the most advanced, comfortable and personalized pain management care.

Our professional team includes board certified providers in the fields of Pain Management, Neurology, Physical Medicine & Rehabilitation, Medical Acupuncture, Behavioral Medicine and Psychology, Physical Therapy and more.

At PRCMG, we understand that the impact of injuries and pain can reach far beyond the physical for chronic pain sufferers, and the resulting reduced productivity, increased medical costs, and lifestyle disruption have a staggering impact on our society. Our proven collaborative, multiple modality assessment, treatment planning and intervention approach to pain management enables us to coordinate exceptional service to address patients' complex treatment needs and attain optimal outcomes for each of our patients.

OUR MISSION

PRCMG's mission is to
relieve suffering and
improve quality of life.





improve

“I want to thank you for giving my life back physically, but most definitely mentally.”

- Patient

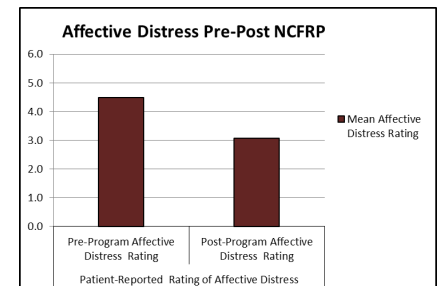
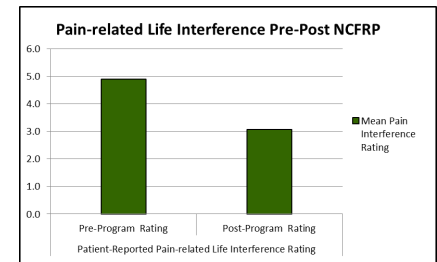
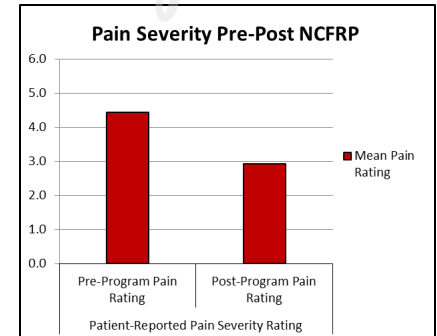
* Pre-post rating for Pain Severity, Pain-related Life Interference, and Affective Distress are based on scale scores from two administrations of the Multidimensional Pain Inventory.

OUTCOME MEASURES

PRCMG organized an Outcome Measures study in 2013 on one of its treatment modalities, NCFRP.

NCFRP Outcome Snapshot - Pre-program to Post-program:*

- 34% reduction of pain severity
- 37% reduction in pain-related life interference
- 32% reduction of pain-related affective distress



meet the TEAM



**Babak Jamasbi
MD, FACPM**

Dr. Jamasbi received his Medical Doctorate from the University of Maryland in Baltimore following an undergraduate degree at

the University of California in San Diego and a Master's Degree at Stanford University, both in chemical engineering. After completing a general surgery internship at University of Maryland, he completed his Anesthesiology Residency at the University of California, Irvine. His strong desire to treat chronic illness in a multidisciplinary setting led him to complete a fellowship in Pain Management at Stanford University Medical Center. He has held a position as Assistant Clinical Professor of Pain Medicine at Stanford Medical Center and is the co-founder of Pain and Rehabilitative Consultants Medical Group, Northern California Functional Restoration Program and Bay Surgery Center. He is Board Certified with the American Board of Anesthesiology with added qualification in Pain Management and is a member of the International Association for the Study of Pain and The American Board of Pain Medicine.



**Brendan Morley, MD,
FACPM, APC**

Dr. Morley is a graduate of the University of California at Los Angeles School of Medicine and received postgraduate training as

a Fellow in Pain Management at UCSF where he later served as a Clinical Professor of Anesthesiology. He began private practice in the East Bay in 1995 helping to establish comprehensive pain management services at the Alta Bates Comprehensive Cancer Center and was awarded a Certificate of Recognition from the California Senate for his work with hospice patients. Dr. Morley subsequently co-founded Pain and Rehabilitative Consultants Medical Group, the Northern California Functional Restoration Program and Bay Surgery Center. He is a member of the International Association for the Study of Pain, American Pain Society, and the American Academy of Pain Management, and is board certified with the American Board of Anesthesiology and the American Board of Pain Medicine.



**Timothy Lo, MD, MP,
DABPN, QME**

Dr. Lo is a graduate of the Mount Sinai School of Medicine in New York and completed his residency in Neurology at Columbia

University Medical Center. He completed a fellowship in Pain Medicine at the Massachusetts General Hospital of Harvard Medical School and is trained in interventional pain procedures. He is board certified in Neurology and performs electrodiagnostic studies (EMG/NCS). Dr. Lo is a medically-trained acupuncturist, a member of the American Pain Society, International Association for the Study of Pain, American Academy of Neurology, and the American Headache Society.

collaboration

OTHER PROVIDERS:

Mark Phillips, PA
Physician Assistant

Susie Paik, PA-C
Physician Assistant

Donny Cho
Physician Assistant

Julia Fellows, PA
Physician Assistant

Giulia Ferrara, PA
Physician Assistant

Binwant Singh, MSN, FNP
Physician Assistant



Arzhang Zereshki, MD, QME
Dr. Zereshki is a graduate of Rosalind Franklin University of Medicine and Science – The Chicago Medical School and completed his residency in Physical

Medicine and Rehabilitation at the University of Michigan. He completed a fellowship in Pain Medicine at Stanford University. He is board certified in Physical Medicine and Rehabilitation and performs electrodiagnostic studies.



Callum Eastwood, PsyD, QME
Dr. Eastwood received his BA in Human Biology from Stanford University, and his doctorate in Clinical Psychology from the California Institute of

Integral Studies in San Francisco. He is the Chief of Behavioral Medicine at Pain and Rehabilitative Consultants Medical Group. Dr. Eastwood is a licensed clinical psychologist specializing in working with patients regarding pain, anxiety management, burnout, and secondary trauma.



Neil Kamdar, MD
Dr. Kamdar is a graduate of Rush Medical College at Rush University Medical Center in Chicago. He remained at Rush University Medical Center for

completion of his Anesthesiology Residency and Interventional Pain Fellowship. Board certified in Anesthesiology and trained in interventional pain procedures, he is a member of the American Pain Society, International Association for the Study of Pain, American Society of Regional Anesthesia and Pain Medicine, the North American Neuromodulation Society and American Society of Anesthesiologists.



Filip Cheng, DO
Dr. Cheng specializes in Physical Medicine and Rehabilitation (PM&R) and is trained in the non-surgical treatment of musculoskeletal disorders and restoration of

function. He is also experienced in performing electrodiagnostic studies (EMG/NCS) to help diagnose nerve issues, such as carpal tunnel syndrome and radiculopathy (sciatica). Prior to joining PRCMG, Dr. Cheng completed residency training in PM&R at Michigan State University, where he served as co-chief resident.



Kathie Kimsey, EdD, LMFT
Dr. Kimsey received her BA and MS originally in Exercise Physiology from Goddard College in Vermont. She ran her own physical therapy practice for 25 years. She

attended Argosy University in Alameda to complete a Masters as a Licensed Marriage and Family Therapist and then went on to finish her doctorate in Psychology. Dr. Kimsey is a licensed clinical psychologist specializing in trauma, depression, anxiety, aging, and chronic pain management. Her preferred treatment modalities include CBT, DBT, psychodynamic, and solution focused working with individuals, groups and families.



Gabrielle Reiman, PsyD
Dr. Reiman received her B.A. in Psychology from the University of California, Santa Cruz, and her masters and doctorate in Clinical Psychology at Alliant

University in San Francisco. She completed her postdoctoral training at San Mateo Medical Center. Dr. Reiman is a licensed clinical psychologist specializing in working with patients regarding chronic pain, anxiety disorders, and insomnia.



INTERVENTIONAL PAIN MANAGEMENT

A few of our Advanced Pain Management Treatments:

- Epidural Steroid Injections
- Facet Block
- Selective Nerve Root Block
- IV Regional
- Sympathetic Block
- Neurolytic Blocks
- Discograph
- Intradiscal Electrothermal Therapy
- Percutaneous Neucleoplasty
- Spinal Cord Stimulation
- Intrathecal Pump
- Botulinum Toxin Injection
- Muscle Injection
- Stellate Ganglion Block
- Percutaneous Radiofrequency Neurotomy

- Costovertebral Block
- Transcutaneous Electrical Nerve Stimulation
- Electromyography and Nerve Conduction Studies
- Ultrasound Guided Injections

MEDICAL MANAGEMENT

FUNCTIONAL RESTORATION PROGRAM

A new approach to Pain Management focused on restoration of function and return to work. Please see next page for more on NCFRP. The Northern California Functional Restoration Program is unique in that it can claim the highest level of CARF accreditation at all locations, demonstrating our commitment to offering programs and services that are measurable, accountable and of the highest quality.

BEHAVIORAL MANAGEMENT

The behavioral medicine and health psychology department at Pain and Rehabilitative Consultants Medical Group has highly qualified and licensed psychologists with strong backgrounds in the behavioral and psychological aspect of chronic pain syndrome.

Behavioral Medicine and Health Psychology recognizes that there is often a strong psychological and behavioral component in chronic pain. Pain is often compounded by frustration, anxiety, anger, and isolation. Behavioral Medicine and Health Psychology uses many techniques including, but not limited to teaching coping skills, biofeedback, psychotherapy, guided imagery, and meditation. The Department of psychology will develop a plan for each patient focusing on the optimal treatment to rebuild, reconnect and restore a productive lifestyle centered on wellness, self-help, and reintegration back into the community.

pain management

SERVICES

ACUPUNCTURE

Acupuncture is a method that helps the body to promote natural healing and to improve functioning without the use of drugs. Acupuncture is performed by inserting ultra thin needles in distinct areas of the body and applying electrical stimulation at specific acupuncture points. Medical acupuncture is performed by a physician trained and licensed in Western medicine who has also had formal training in acupuncture as a specialty practice. In addition to medical acupuncture, our acupuncturist is a neurologist and interventional pain management specialist and can use a combination of Western and alternative approaches to address your specific pain condition.

Clinical research studies have supported acupuncture treatment for the following conditions:

- Low back Pain
- Neck Pain
- Headache/Migraine
- Pain in the Shoulder, Elbow, Knee, Hip, and other joints
- Stress

DOES ACUPUNCTURE REALLY WORK?


Yes. Over the past 3,000 years, acupuncture has been used to successfully treat more people than all other medical treatments combined.

“An awesome program to help all those in pain to move forward and reclaim their lives!”

- Patient

As you are no doubt aware, Worker's Compensation laws have changed and often obtaining authorizations for treatment, approval for medications and communicating with all parties interested in the patient's progress takes a large support staff. Denials for therapy, medications, and alternative medicine procedures, are now more commonplace. At PRCMG, we have created a system designed to help our clinicians provide the necessary treatments that our patients need through our expansive administrative support teams.

To refer a patient to our facility, call our New Patient Department at 510.647.5101 ext.147 or complete a referral inquiry online at www.prcmg.com/referrals.

 **Call 510.647.5101 today to schedule an appointment or to find out more about any of our services!**

NCFRP



An injury and the resulting pain can have a ripple effect upon the lives and bodies of an injured worker. The CARF-Accredited Northern California Functional Restoration Program addresses the complex nature of chronic pain through comprehensive and individualized multidisciplinary treatment. During the 6-week outpatient program, patients will receive:

Physical Treatments

Group and individual sessions focused on strength and conditioning, proper body mechanics, ergonomics, functional movement, posture and balance, yoga, nutrition and biofeedback.

Medical Care and Supervision

Weekly individual appointments with a physician, as well as physician lectures on medication management and the medical bases of chronic pain and its treatments.

Psychological and Behavioral Care

Group and individual intensive training in wellness-focused skills for managing stress and pain; communication skills for fostering healthy social support; relaxation and meditation training; education on mindfulness for attentional retention, autonomic nervous system arousal and specific tools for coping with anxiety, depression and grief. Patients are also supported in weekly individual psychological appointments and vocational rehabilitation and training through career planning, skills training aimed at return to work, as well as receiving guidance regarding the workers' compensation system.

See NCFRP.com for more information on the program and referrals.

POST-NCFRP: RETURN TO WORK SUCCESS & REDUCTION OF OPIOID USAGE

71%



RETURN
TO WORK

24%

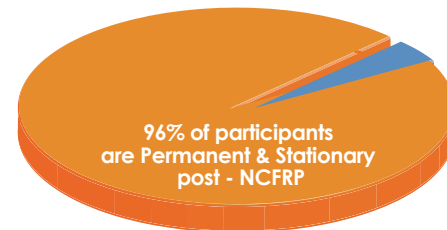


REDUCTION IN
OPIOID USAGE

- Return-to-Work is based on the % of Post-Program participants that successfully secured employment
- 73 / 200 Post Program participants sought employment
- % Decrease based on calculated Morphine equivalence across Opioid medications

- ✓ **71%** of those seeking to return to work were successful post-NCFRP
- ✓ **24%** average reduction in opioid medication dosage post-NCFRP

Permanent & Stationary Post - NCFRP



■ Permanent & Stationary ■ Not Permanent & Stationary

SEVERAL LOCATIONS TO SERVE YOU

PRCMG MAIN OFFICE

1335 Stanford Avenue
Emeryville, CA 94608
510.647.5101 office
510.647.5105 fax

CASTRO VALLEY

20100 Lake Chabot Road
Suite 2
Castro Valley, CA 94546

MANTECA

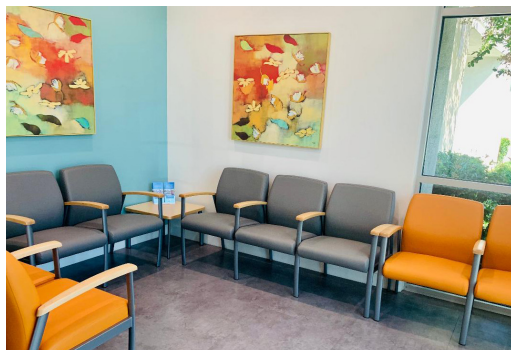
1640 W. Yosemite Avenue
Suite 2
Manteca, CA 95337

WALNUT CREEK

3075 Citrus Circle, Suite 200
Walnut Creek, CA 94598

ROHNERT PARK

5789 State Farm Drive
Suite 195
Rohnert Park, CA 94928



NORTHERN CALIFORNIA FUNCTIONAL RESTORATION PROGRAM

1335 Stanford Avenue
Emeryville, CA 94608
510.985.1199 office
510.985.1191 fax

ROHNERT PARK

5789 State Farm Drive,
Suite 195
Rohnert Park, CA 94928

MANTECA

1640 W. Yosemite Avenue
Suite 1
Manteca, CA 95337



DIRECTORY

PRCMG (All locations)
Phone 510.647.5101
Fax 510.647.5105

Northern California Functional Restoration Program (NCFRP)

Phone 510.985.1199
Fax 510.985.1191

New Patient Department

Phone 510.647.5101 ext 147
Fax 510.225.3940

Medical Legal Department

510.647.5101 ext. 607

Authorizations Department

510.647.5101

Medical Records

510.647.5101

Billing Department

510.649.7000

Marketing

510.985.1199 ext 307

Client Relations

510.647.5101 ext 110



Providing
EXCELLENT MEDICAL CARE
to the BAY AREA and BEYOND
for more than 25 YEARS

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www.NCFRP.com

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