

Medical Clinic

- Thorough evaluation by pain medicine physician and psychologist
- Opioid risk assessment and monitoring
- Individualized regimens with opioid and non-opioid medications for pain and related issues
- Direct 1:1 care by the physician
- Random urine drug screens for compliance monitoring
- Careful attention to sleep disturbances, side effects including hormonal and cognitive changes, & mood status.
- Referrals for appropriate evaluations as needed (e.g., urology, sleep clinic, rheumatology) and interventional procedures

Outpatient Individual Therapy for:

- Stress, anxiety, panic, phobias
- Post-traumatic stress disorder
- Depression
- Anger management
- Assertiveness skills training
- Pain and somatic issues
- Sleep disorders
- Grief and bereavement
- Smoking cessation
- Substance use relapse prevention
- Weight loss treatment
- Issues of abuse or trauma
- Vocational issues
- Cognitive compensatory skills training

Counseling and Wellness Services

- Psychological evaluations and feedback
- Psychometric testing: achievement, aptitude, intelligence, interests, mood
- Neuropsychological screening for cognitive performance while on pain medicine
- Dementia, mild cognitive impairment evaluations
- Self-hypnosis
- Biofeedback-assisted relaxation techniques
- Biofeedback for migraines
- Biofeedback therapy for anxiety and PTSD
- Cranial electrical stimulation for stress reduction (Alpha Stim therapy)


Physical Therapy Services

- Gait training
- Joint mobilization
- Body mechanics instruction
- Neuromuscular therapy
- Postural evaluation
- Exercise prescriptions for weight loss, conditioning, and endurance

Pain Management Educational Program

This series of 6, one-hour informational sessions is designed to educate the patient (much like diabetic education classes) on the nature of pain as a disease, available medication options, and simple cognitive and behavioral coping strategies to improve sleep, stress management, acceptance of chronic pain, and depression.

Any community member can participate in classes.



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The
Doleys
Clinic



Birmingham, Alabama

Implantable Device Services

- Implantable drug administration systems (Pump) refill clinic
- Spinal cord stimulator evaluations and trials
- Pre-surgical evaluations



Body. Mind.
Spirit.

Outpatient Pain
Management for
the Body, Mind,
and Spirit

Business and Community Services

- Vocational evaluations
- Vocational rehabilitation plan development
- Vocational disability ratings
- Psychological and cognitive evaluations for high-risk professionals returning to work on opioid therapy
- Medicare compliance programs

Our Mission

To address pain complaints, physical dysfunction, cognitive and emotional issues, & social concerns associated with chronic pain conditions.

To promote functional independence and health through a multidisciplinary team approach.

To help the patient *and* family adjust to the disease of pain and improve quality of life.

Guide to
Clinic
Services