

FUEL Pain & Injury Recovery Clinic Enhances Holistic Care with Psychology Services in Edmonton



Edmonton, Alberta May 5, 2025 ([IssueWire.com](https://www.IssueWire.com)) - FUEL Pain & Injury Recovery Clinic, a leading multidisciplinary clinic in downtown Edmonton, is proud to offer comprehensive psychology services as part of its holistic approach to pain and injury recovery. Recognizing the intricate connection between mental health and physical pain, FUEL integrates psychological support to address the emotional challenges that often accompany chronic pain and injury.

At the forefront of this initiative is **Christina Worthing**, a compassionate and experienced psychologist specializing in pain management within the scope of mental health wellness. Christina collaborates closely with patients to develop individualized strategies that promote resilience and psychological growth, helping them navigate the complexities of chronic pain and its impact on daily life.

FUEL's psychology services aim to:

- **Manage Emotional Responses:** Address feelings of depression, anxiety, and frustration related to chronic pain.
- **Improve Sleep Quality:** Develop techniques to enhance sleep disrupted by pain.

- **Enhance Coping Strategies:** Learn methods to handle pain flare-ups and reduce catastrophizing thoughts.
- **Strengthen Relationships:** Navigate social and familial interactions affected by chronic pain.

By incorporating psychological counselling into its pain management programs, FUEL empowers patients to lead more fulfilling lives despite their pain conditions.

Located in Downtown Edmonton at **10350 124 St #104, Edmonton, AB T5N 1R2**, FUEL Pain & Injury Recovery Clinic offers a range of treatments, including Manual Osteopathy, acupuncture, massage therapy, chiropractic care, mobility and strength training, physiotherapy, and psychology services.

For more information or to book an appointment, please visit their [website](#) or call **(780) 705-5452**.

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