

Monday	Tuesday	Wednesday	Thursday	Friday
Team/Doctor´s visit 08:00 - 08:30	Team/Doctor´s visit 08:00 - 09:00	Team/Doctor´s visit 08:00 - 08:30	Team 08:00 - 09:00	Team/Doctor´s visit 08:00 - 08:30
08:30 - 11:00 Uhr PT/Psych Appointments	9:00 - 10:45 PT/Psych Appointments	08:30 - 10:30 PT/Psych Appointments	9:00 - 11:00 PT/Psych Appointments	
11:00 - 11:45 Basic information	10:45 - 12:00 Work hardening	10:30 - 11:00 Relaxation therapy	9:00 - 11:00 Doctor´s visit	8:30 - 9:45 Pain management group
Pause 11:45 - 12:00	Pause 12:00 - 12:30	Pause 11:00 - 12:00	Pause: 11:00 - 11:15	Pause: 09:45 - 10:00
12:15 - 13:30 Gymnastics	12:30 - 13:15 Sport theory	12:00 - 13:30 Medical training therapy	11:15 - 12:00 Basic information	10:00 - 11:00 Mastery of the pain puzzle (Intervention group)
Pause: 13:30 - 14:30	Pause: 13:15 - 14:15	Pause: 13:30 - 13:45	Pause: 12:00 - 12:15	Pause: 11:00 - 12:00
14:30 - 15:45 Pain management group	14:15 - 15:00 Relaxation therapy	13:45 - 14:15 Aqua therapy	12:15 - 13:15 Endurance training	12:00 - 13:30 Medical training therapy
15:45 - 16:30 PT/Psych Appointments	Pause 15:00 - 15:15	Pause 14:15 - 14:45	Pause: 13:15 - 14:15	Pause 13:30 - 13:45
	15:15 - 16:15 Endurance training	14:45 - 16:00 Gymnastics	14:15 - 15:30 Work hardening	13:45 - 14:15 Aqua therapy
		16:00 - 16:30 PT/Psych Appointments	15:30 - 16:30 PT/Psych Appointments	14:15 - 16:30 PT/Psych Appointments