

*****This is an example of an accommodation letter that your pain clinic may provide to your school. Talk to your pain clinic to request a letter describing your specific needs.*****

[Insert date]

Subject: [Name and date of birth]

Dear [school contact name],

As you are aware, [Name's] chronic musculoskeletal pain affects his/her ability to attend school regularly, complete all assignments and sit through examinations.

He/she has recently started learning helpful ways to manage his/her pain from the iCanCope Program. This app and website was created by experts in managing pain from several hospitals and universities in Canada.

For [Name] to be more successful in school, we recommend the following accommodations.

- Allow [Name] to leave class a few minutes early to provide extra time to move between classrooms.
- Allow stretch and movement breaks during class as needed to ease muscle tension.
- Allow [Name] to use a locker near their classroom to conserve energy during the school day.
- Please provide [Name] with an extra set of textbooks for use at home so that he/she does not have to carry books to and from school.
- Allow [Name] extra time (double the examination time is recommended) to complete any exams, and write them in a separate quiet room.
- Allow [Name] to take part in physical education classes to the best of his/her abilities according to the recommendations of our clinic team. We suggest, for example, that he/she be permitted to use the time for physical education to complete physiotherapy exercises at a pace that is in line with his/her usual function.

Our goal for [Name] is to increase his/her ability to attend school and graduate, complete all learning activities and participate in physical activities. We appreciate any help that the school can provide [Name] with to meet their goals.

Sincerely,

[Name and contact information]