



DEVELOPING YOUR PAIN MANAGEMENT PLAN

OUR TEAM ACKNOWLEDGES THE REALITY OF PAIN AND ITS POTENTIAL TO GREATLY AFFECT YOUR QUALITY OF LIFE.



1) REGISTER YOUR INTEREST

Register for a free 30-minute consultation with our team to see if our program is right for you. If you decide to proceed enrolment is easy via our website



2) GP APPOINTMENT

We will get in touch with your GP and ask them, during your next appointment, to provide us with any relevant pain history and make the necessary clinician referrals for the program.



3) MUSCULOSKELETAL EXAM

Our Physiotherapist will do a musculoskeletal examination.

4) PSYCHOSOCIAL ASSESSMENT

Our Psychologist will do a psychosocial assessment



5) PHARMACEUTICAL EVALUATION

Our Pharmacist will meet with you to review your medications.

6) CASE CONFERENCE

Our team of clinicians will meet with your GP to discuss your case and focus on developing your individual pain management plan to meet your needs and goals.



7) PLAN REVIEW

You will receive a copy of your pain management plan before your next appointment with your GP. Your GP will discuss the suggestions made by the team that has reviewed your case.





PAIN MANAGEMENT WORKSHOPS

EVERY MEMBER OF OUR TEAM WANTS TO SEE YOU BETTER
EQUIPPED TO MANAGE YOUR PAIN.



WORKSHOPS

Workshops are conducted by professional facilitators at fortnightly intervals. These workshops are held in small groups, comprising 13-15 participants.

At each workshop, a different topic is covered, based on the Pain Education and Management framework. The aim is to enhance your pain management skills and improve your quality of life.

These topics include

- Medications and their management
- Understanding relationships between chronic pain and psychological functioning
- Physical Therapy
- Nutrition and Chronic Pain
- Exercise Physiology & Occupational Therapy
- Sleep, Relaxation Training and Therapeutic Recreation
- Complementary Physical Therapies[#]
- Vocational and Recreation counselling[#]
- Procedure-based interventions^{*}



YOUR SUPPORT PERSON

We recognise that your support person is sometimes a key part of your pain journey. They are welcome to join in

May be provided via Online learning or Webinar

** May be provided via Online learning*