



Patient information

# EMPOWER

## *Pain Rehabilitation Program*

A multi-disciplinary functional approach to the management of persistent pain



**Donvale  
Rehabilitation Hospital**  
Part of Ramsay Health Care

## Program aims

To provide a long-term solution by increasing your knowledge on the science behind persistent pain. We understand that having persistent pain is a whole life problem, not just a physical one and recognise that for people living with persistent pain, the control and alleviation of symptoms can be a lifelong journey. Our role is to partner with you and create a dynamic pain management strategy by exploring concepts such as pacing, graded exposure, relaxation, stress management and return to exercises/activity. We further discuss ways in which these methods can be incorporated into your lifestyle.

### **At discharge, the following outcomes can be expected:**

- Awareness of latest evidence regarding pain concepts
- A clear understanding of the reasons why pain persists
- Improved mood management and psychological health
- Improved understanding of the influence of pain on the ability to carry out our day to day occupations
- Decreased reliance on passive therapies
- Improved quality and amount of daily activity
- Reduced fear of movement

## Program content

### **Rehabilitation Physician**

A Rehabilitation Physician provides education regarding the persistent pain cycle and principles of effective pain management.

### **Physiotherapy/Exercise Physiology**

Participants learn about the causes and nature of persistent pain, the importance of graded exposure to exercise and activity to improve pain tolerance and the value of self-management.

## Occupational Therapy

Participants explore the concepts of pacing with a focus on activities that are important to you, alongside improving performance in everyday activities.

Stress management, relaxation techniques, activity pacing and goal setting are strategies participants are encouraged to implement. Individuals are encouraged to use a problem solving approach to apply techniques to their daily activities.



## Psychology

Participants learn about how thoughts, behaviour and emotions impact upon the pain experience. Strategies to manage the difficult emotions that often accompany persistent pain are discussed then practiced. The program aims to improve emotional coping and minimise the impact of pain on daily living and relationships.

## How are costs covered?

Private health funds, Department of Veteran Affairs, Workcover and TAC often meet the cost of the program. Self funded clients are also welcome.

## Referrals

Referral to the Pain Rehabilitation Program occurs through an individual's local doctor, physician or surgeon.

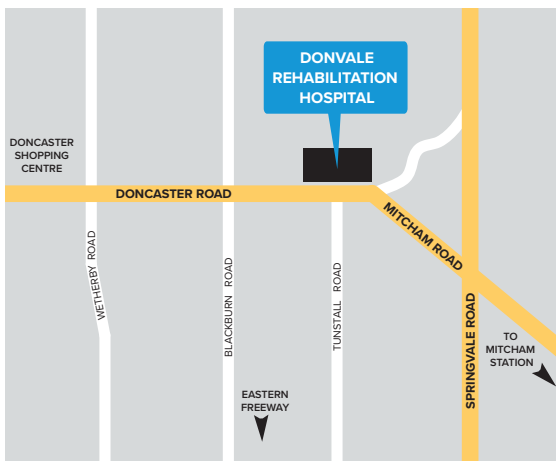
Referrals should be addressed to the **Rehabilitation Physician** via:

**Mail:** Donvale Rehabilitation Hospital  
1119 Doncaster Rd, Donvale 3111

**Fax:** 03 9841 1405

**Email:** [outpatient.drh@ramsayhealth.com.au](mailto:outpatient.drh@ramsayhealth.com.au)

For further information please contact the Program Coordinator on **03 9841 1490**.



## Donvale Rehabilitation Hospital

Part of Ramsay Health Care

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