

PAIN PROGRAM

PERSISTENT PAIN MANAGEMENT PROGRAM

WHAT IS THE PAIN PROGRAM?

The QSMC Pain Program is an evidence-based program designed for the management of persistent pain using a biopsychosocial approach. The program is aimed at empowering you to improve your understanding of your persistent pain and assist you in the self-management of your recovery. It will provide you with:

ASSESSMENT

A thorough, whole person assessment of your persistent pain problem.

EXPLANATION

A clear explanation of the factors which contribute to your persistent pain, which will help you understand your experience fully.

TAILORED PROGRAM

An individually tailored program, specific to you, with strategies and treatments to help you progress towards your goals.

ADVICE

Advice on suitable exercise, activity, lifestyle, and psychological factors influencing your pain.

Most commonly, the program will consist of six physiotherapy and psychology sessions over a three month period of time. Other health care providers, including exercise physiologist and dietician will also contribute to your recovery as needed.



WHO ARE WE?

At QSMC we are dedicated to improving the health and wellbeing of all our clients. We provide the full spectrum of rehabilitation services from acute injury and illness to persistent or complex pain, helping you to reach your goal. Conveniently located in the Bowen Hills Medical Specialist Centre, your QSMC team works collaboratively with your specialist throughout your journey to ensure you get the best multi-disciplinary care.

WHO WILL BE INVOLVED IN MY PROGRAM?

At QSMC we believe in a multi-disciplinary approach to your pain management. We will work closely with your specialist and design a program and team to suit your unique circumstances. Your initial appointment will be with a Pain Physiotherapist and they may utilise the services of other practitioners based on your individual needs. This team may include:

- Psychologist specialising in persistent pain
- Accredited Exercise Physiologist
- Dietician

Our team also works closely with other Medical and Allied Health Professionals should you need access to these services.

HOW DO I KNOW IF THIS PROGRAM IS RIGHT FOR ME?

If you are finding that you have tried multiple avenues and aren't seeing the results you were expecting or find any of the below relate to you:

- Experiencing persistent pain for longer than three months.
- Having difficulty getting back to daily activities, hobbies, exercise or work.
- If you feel that stress, anxiety, or depression are also affecting your recovery.
- Worried about, or don't understand if movement and exercise is safe for you to do.
- Looking for a solution for your unique situation.

If any or all of the above apply to you, it might be worth considering this program. To discuss this program in more detail to see if it is right for you, please contact our friendly reception team on the details provided.



IN COLLABORATION WITH

