

Pain Management & Functional Rehabilitation Program

Core's SPECIALIST PAIN MANAGEMENT AND FUNCTIONAL REHABILITATION PROGRAM is an integrated intervention that empowers people to understand musculoskeletal injuries, overcome persistent pain barriers, and assist with durable and safe return to work.

WHO RUNS THE INTERACTIVE CLINIC?

Dr Graham Rice - Pain Specialist, Psychiatrist and Anaesthetist
Dr Kym Boon - Pain Medicine Specialist and Psychiatrist
Drew Singleton - Clinical Coordinator/APA Pain Physiotherapist
Asa Kenworthy - Clinical Psychologist
Donna McCook - Physiotherapist/Exercise Physiologist
Joel McPhee - Physiotherapist/Exercise Physiologist
Greg Stewart - Physiotherapist/ Occupational Health Consultant

WHEN AND WHERE IS THE CLINIC HELD?

Clinics are conducted fortnightly between Brisbane, Logan & Gold Coast Locations. Digital health options are available.

WHEN TO REFER?

Typical candidates' may include those who:

- have beliefs that their condition is severely harmful or potentially significantly disabling;
- have activity avoidance in anticipation of pain;
- have low mood, self-efficacy or altered behaviour responses, or withdrawal from social interaction;
- have catastrophic tendencies inclusive of significantly altered cognitive-behavioural function;
- have the expectation that passive rather than active treatment will help the pain;
- have significant issues with medications and or other general health concerns i.e. addiction, tolerance, contraindications or ineffective medication regime;
- have severe injury/multi-trauma with complications and >26 weeks since onset of injury;
- have had a failure of medical/surgical treatments;
- require an understanding of their situation;
- have flag signs

WHAT DO THE PARTICIPANTS DO?

Key facets of the course include:

- Education on established evidence-based guidelines on various conditions - the myths and optimal management;
- Participation in various interactive training activities, related cognitive behavioural therapy, communication skills and assertiveness;
- Participation in progressive muscle relaxation training, sleep hygiene and mindfulness. Observe, practice and gain active skills using biofeedback;
- Practice exercise goal setting, graded activity, contingency management, medication scheduling and the develop principles of safe exercise;
- Active participation in pacing and manual handling training - observe, practice and gain personal feedback from a physiotherapist;
- Learn how to evaluate and modify workstations and activities of daily living to avoid postural stress;
- Individual core stability training - observe, practice and gain personal feedback from a physiotherapist;
- Initial development of a specific and progressive independent functional rehabilitation program.

SIX DAY INTERACTIVE GROUP PROGRAM OVERVIEW

STAGE ONE



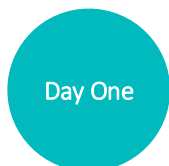
Pre-Program Admission

Clinical Coordinator and Physiotherapist/Exercise Physiologist

Independent Case Reviews – Some presentations may warrant referral to Stage 3 Individualised programs



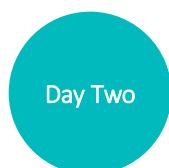
STAGE TWO



Day One

Pain Specialist/Psychiatrist

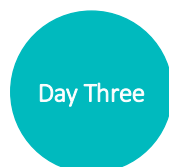
Assessment, Opinion and Recommendations
Clinical Coordinator with relevant team members
Preliminary Formulation and Program recommendations



Day Two

Pain Consultant/Clinical Coordinator

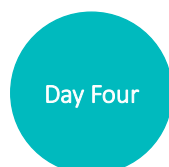
Introduction Pain Management, Central Sensitisation, Graded Exposure, Psychosocial Strategy, Activity and Pain Relationship



Day Three

Physiotherapist/Exercise Physiologist

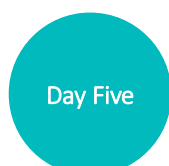
Exercise for Rehabilitation and Functional Restoration, Changes from Persistent Injury



Day Four

Clinical Psychologist

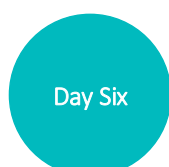
Pain and Cognitive Stress Management, Progressive Relaxation Training and Pain Control Relationship and Communication Issues with Pain



Day Five

Physiotherapist/Exercise Physiologist

Reassessment, Individualised Goal Setting and Overcoming Exercise Barriers, Individualised Exercise Programs



Day Six

Physiotherapist/Injury Management Advisor

Work-Hardening, Activities of Daily Living, Pacing and Progressive Grading



POST GROUP PROGRAM COMPONENT

STAGE THREE



6 to 12 Weeks Post Program

Individual functional exercise, cognitive and work-hardening recommendations are devised and tailored with appropriate health professionals and all relevant stakeholders as required. Typically this is a six to twelve week period following the group intervention, based on current best practice evidence to assist implementation of 'tool box' strategies with RTW/ADL upgrading, including motor-control development, progressive loading and behavioural change.

WHAT IS INCLUDED?

Pre-Program Admission

- Independent Case File Review and Written Outcome Measures
- Physical and Functional Assessment
- Pain Specialist Case Conferencing and Comprehensive Report

Six Day Group Program

- Includes course notes, clinical services, meals, and internal progress reports regarding each discipline

Post Group Program Component (4-12 weeks) Example only

- Graded Rehabilitation Consultation and Development
- 8-12 sessions hydrotherapy progressing to gym
- 4-week review and report
- 8-week review and report
- 12-week review and report
- Discharge Report



core
INJURY MANAGEMENT