

Referral

Anyone can refer you to this service, by contacting the Community Rehabilitation Centre.

Often the referral will be generated if you are seeing a health professional for other reasons.

Cost

This program costs \$40, including resources and handbooks

Contact

Jamie Cranston

Physiotherapist

Kellie Walker

Occupational Therapist / Care Coordinator

Community Rehabilitation Centre

Ph: (03) 5033 9321

Venue

Community Rehabilitation Centre

Swan Hill District Health

Wednesdays

1:30 - 3:30pm

Protecting your privacy

Our staff are committed to respecting your confidentiality and preserving your privacy. We will keep your personal information secure and protected from unauthorised access or improper use, and we will only disclose information about you if it is authorised by you or mandated by law.

All our services comply with the relevant information and privacy legislation.

For session enquiries

or bookings please contact the

Community Rehabilitation Centre

Corner of McCrae & Splatt St, Swan Hill

Phone: (03) 5033 9321 Fax: (03) 5033 9320

crc@shdh.org.au

www.shdh.org.au

Publication Date: 05/09/2017

EASE Pain Program

Enhancing Active Strategies & Exercise for Chronic Pain



Chronic pain is a concern for many people in the community. This program is designed to improve the understanding of causes and influences on chronic pain, and assist with pain self-management strategies.



**Swan Hill
District Health**
my hospital

MISSION OF THIS PROGRAM

To provide education and support to increase participant's understanding of chronic pain and influences on chronic pain. This program aims to assist participants to trial varied types of exercise, in a safe environment, to help find a style that works for them.

INCLUSION:

Each participant should be able to exercise for at least 10-15 minutes, be willing to learn in a group environment and be able to follow instructions. If uncertain, please seek approval from your GP. An emphasis is placed on attendance, and goal-achievement in this program.

Goals

At the completion of the Program the participant will:

- Have a greater knowledge and understanding of chronic pain to enable adjustment of lifestyle and promote a healthier life.
- Be able to demonstrate knowledge of internal and external pain management strategies.
- Recognise positive and negative influences on pain

PROGRAM FORMAT:

Duration: Every week consists of a 60 minute education class, followed by an individualised exercise session, which can take up to 60 minutes, dependent on your individual exercise tolerance.

There is a focus on learning, and mastering a variety of pain-management techniques.

Length: The program involves an initial 4 weeks of both education and exercise, and then ongoing weekly exercise and 1:1 consultations as required, according to the progression of individual goals.

The program requires each participant to undergo an initial and follow up assessment on completion with a Physiotherapist and Occupational Therapist. This will take approximately 60 minutes, and will give a baseline for current level of activity and background information.

Starting dates for the program vary throughout the year, so please contact our friendly staff for more information.

Outcome measures will be completed by a Physiotherapist and Occupational Therapist

PROGRAM SCHEDULE:

Week 1

Education: *Explaining Pain & Pain Circuit*

Relaxation: *Breathing and Mindfulness*

Week 2

Education: *Influences on Pain*

Relaxation: *Progressive Muscle Script*

Week 3

Education: *Pain Pathway*

Relaxation: *Visualisation*

Week 4

Education: *Graded Exposure & Distraction*

Relaxation: *Mindfulness Meditation*

Week 5 onwards

Goal Achievement through ongoing exercise and 1:1 educational appointments, as required.

Each week you will work with the physiotherapist on an individualised exercise program suit to your capabilities and functional goals.