

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

There is a one-off cost:

\$15 (No concession)

\$10 (Holds a concession)

On Initial Assessment



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 unauthorized access or improper use, and we will only disclose information about you if it is authorized by you or mandated by law.

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



Ease Pain Program

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: CNR Splatt & McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au



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.

Mission of this Program

To provide education and support to increase participants understanding of chronic pain and influences on chronic pain. This program aims to assist participants to trial various 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: The program consists of weekly 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 5 weeks of both education and exercise, and then 5 weeks of exercise components only.

1:1 consultation are available, if 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 of current level of activity and background information.

Program Schedule

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

Week 1:

Education: Explaining Pain & Pain Circuit

Week 2:

Education: Stress and Pain Connection

Week 3:

Education: Medication for Pain

Week 4:

Education: Pain and Brain Activity

Week 5:

Education: Graded Exposure

Week 6-10:

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

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