

# Chronic pain management



Chronic pain is any pain suffered consistently for more than three months. Types of chronic pain include arthritis, chronic back pain, neck pain, knee and shoulder pain, repetitive strain injury, fibromyalgia, muscular, neurological or complex regional pain syndrome.

## What are the benefits?

Strategies for self-management are aimed at:

- improving participation in vocational and recreational pursuits
- reducing reliance on pain medication
- improving physical condition
- learning how to best manage daily activities
- cope more effectively with the feelings of sadness, depression and discouragement and poor sleep often associated with chronic pain

## How we can help

The Pain Wise program is based on a cognitive behavioural therapy approach combined with a reconditioning program, to improve self management strategies.

## The Pain Wise team

- Rehabilitation physician
- Occupational therapist
- Physiotherapist
- Hydrotherapist
- Clinical psychologist

## Program goals

- physician medication review
- improved strength, flexibility and endurance
- improved function and activity levels
- relaxation and distraction techniques
- easing of depression and anxiety
- improved relationship with family and friends
- enhanced community participation
- return to work (if possible)

## Achieving outcomes

Regular outcome measurements are performed using validated measures and a review of the individual's goals.

## Long term follow up

Patients are periodically reviewed following completion of the program.

## Cost

The program is covered by most private health insurance funds, as well as DVA, TAC and Workcover. Please check with your health fund provider.

## Referrals

A doctor's referral is required. Referrals can be made to:

- Consult Liaison Psychiatric consultations (Dr Jeremy Stone)
- Interventional anaesthetic consultations (Dr John Monagle and Dr Murray Taverner)
- Dietician

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