



# Marion Physiotherapy & Advanced Pain Solutions

REDUCING PAIN • RESTORING HEALTH • ENHANCING LIFE

858 Marion Road Marion SA 5043 P 8296 7594

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## GP Information Letter

### Overcoming Persistent Pain & Functional Restoration Group

#### Program:

- 8 week x 2.5 hour multidisciplinary Persistent Pain and functional restoration program based on updated best practice research evidence regarding combined pain education and active self pain management skills training.

#### Clinical Facilitators:

- Senior Musculoskeletal and Pain Special Interest Physiotherapist Julie Peacock (previously Senior Physio RAH Chronic Pain Unit and past head Orthopaedic Outpatients and Spinal Outpatients RAH), with over 20 years clinical experience, combined with 2 other physiotherapists with a special interest in Persistent Pain treatment
- Pain Psychologist Dr. Ivan Atkinson who has over 25 years of clinical experience, in conjunction with
- Dietician and Nutritionist Grace Yu

#### PROGRAM COMPONENTS & OUTLINE:

##### 1) Pain Education

- Harnessing the brain's neuroplasticity to reduce pain- research to patient use
- Using research validated Pain Education Resources: 'Explain Pain' and 'Protectometer' tools (Butler and Mosely Explain Pain Supercharged 2017): Refer outcomes graph next page.
- Presents latest research on contributing factors to pain
- Partner and support person education also available

##### 2) Functional Restoration via:

- Individual activity, movement and exercise assessment, supervision and progression
- Establishing exercise and activity baselines and provide graded increase strategies
- Eliminating 'boom and bust' cycle of physical activity
- Eliminating fear of avoidance patterns resulting in deconditioning and reduced functional capacity

##### 3) Active Pain Self-Management Skills Training:

Reducing reliance on external treatments and medication alone through alternate strategies skills training and practice including:

- Self nerve mobilisation
- Movement, stretching and strengthening
- Mindfulness, progressive relaxation, diaphragmatic breathing
- Distraction - thought diffusion and pleasant activity training
- Use of simple pain relief including heat and cold
- Relationships and pain: communicating positively about pain and needs

**Julie Peacock**

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**Sarah Harfield**

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## 4) Cognitive Behavioural Goal Setting Skills Training:

Using a motivational interviewing and values based approach to increase ADL and community activity participation and activation including:

- Goal setting: home, work, social settings and in the community
- Pacing up graded activity
- Improving sleep strategies
- Dietician: nutrition and weight management
- Addressing challenges of alcohol, smoking and drugs as coping strategies
- Flare-up management and relapse prevention

### **COSTS & FUNDING OPTIONS: We are keen to try to provide access for all patients regardless of financial position.**

This program is suitable for compensable patients (Workcover and Motor Vehicle Accident ) patients with DVA, NDIS funding and those with private health insurance and privately funded clients. Clients are billed for a mixture of group and individual psychology and physiotherapy appointments, gap free for concession or health care card holders.

**Several Medicare funded places are also available in each group. To cover staffing costs these can be funded via a combination of:**

- **A Group Mental Health care plan for Psychology (Medicare code 80120): x 10 visits as a minimum to cover pre and post group assessments and 8-week group program.**

**Patients if eligible, also get best results, however, if combined with:**

- **An Individual Psychological Mental Health Care Plan (Medicare 80110):** (6 visits) 2 for individual pre-group and post group assessments and CBT goal setting with individual outcome reporting to client, GP and other members of care team, as well as 4 individual sessions of psychological strategy intervention fortnightly throughout program to work on identified individualised goals and strategies.
- **An Individual Medicare EPC Physio plan (Medicare 10960)** Physiotherapy x 5 visits if available for: pre and post group individual functional assessments and individual exercise modification and progression throughout the 8 week program.

**Post Group GP outcome reports will be provided reporting on:**

- 1) Patient Specific Functional Goals
- 2) Functional walk and sit to stand tests
- 3) Pain Score: VAS scale
- 4) Revised Neurophysiology of Pain Questionnaire (rNPQ)
- 5) Orebro Musculoskeletal Disability Measure

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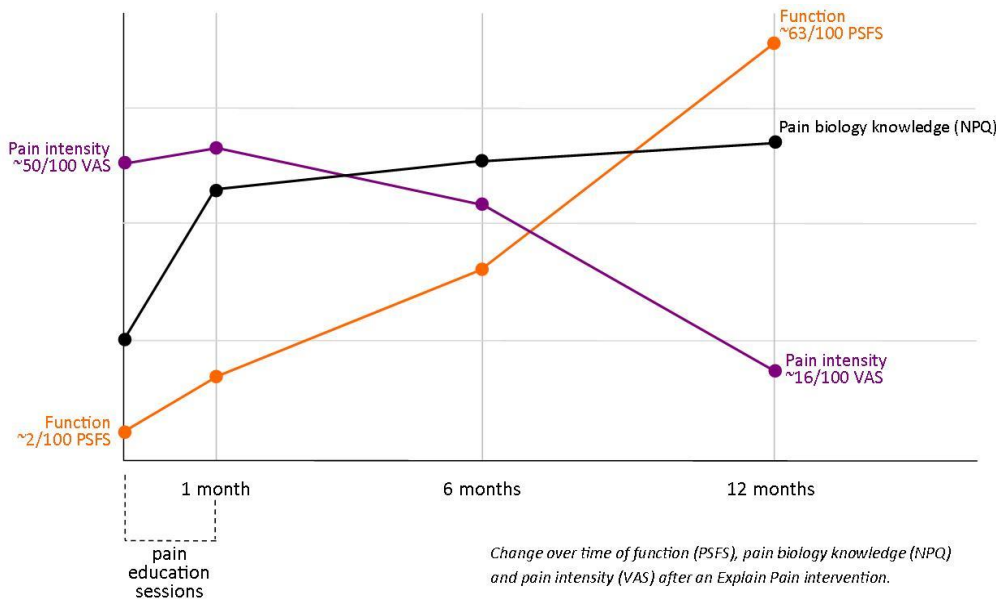
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- 6) Pain Self Efficacy questionnaire
- 7) DASS: Depression Anxiety Stress Scale

## RESEARCH SUPPORTING PAIN EDUCATION AND FUNCTIONAL RESTORATION APPROACH:

**Research outcomes support pain education as primary first line, cost effective intervention for Persistent Pain.** Research shows that people who participate in therapeutic pain neuroscience education courses addressing these key concepts of pain biology, nervous system plasticity and specific active management treatment strategies have experienced a reduction in pain and reported increase function and frequency and length of flare-ups.



Adapted from Mosely and Butler 2017: Explain Pain Supercharged

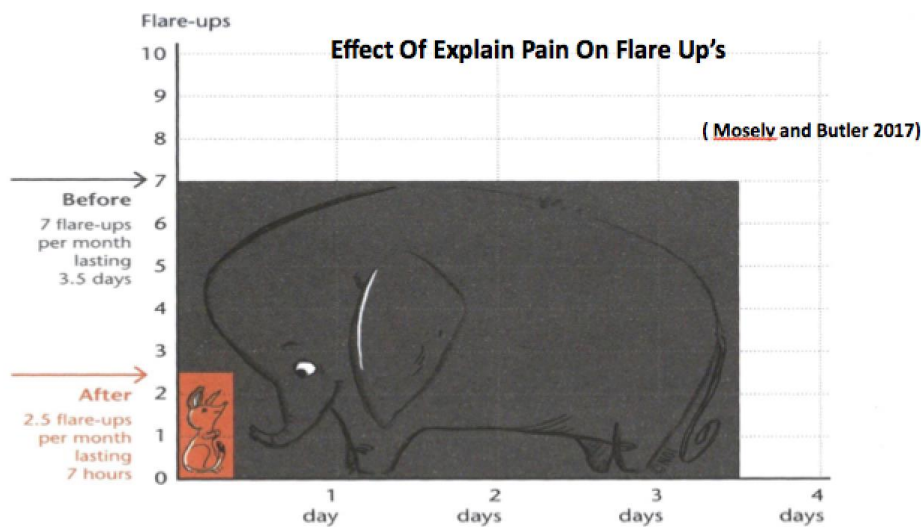


Figure 4.3 Frequency and duration of flare-ups are lower after Explain Pain (bilby) than before (elephant)

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## NNT FOR NEUROSCIENCE EDUCATION FOR CHRONIC LOW BACK PAIN



Moseley L. Combined physiotherapy and education is efficacious for chronic low back pain. *Aust J Physiother.* 2002;48(4):297-302.

### Resources:

- Moseley & Butler 2017, 'Explain Pain Supercharged: The Clinician's Manual', De-threatening Clinical Nuggets/ explanations pg 171, 201, NOI Group, Adelaide, South Australia
- Moseley & Butler 2015, 'The Protectometer: Explain Pain Patient Handbook', NOI Group, Adelaide, South Australia
- Butler & Moseley 2013, 'Explain Pain (2<sup>nd</sup> edition): Patient Resource for more detailed information, NOI Group, Adelaide, South Australia
- Lorimer Moseley 2010, 'Painful Yarns: Metaphors & stories to help understand the biology of pain, NOI Group Publications, Adelaide, South Australia

**Please do not hesitate to contact me if you have any further queries or want to discuss the functional or financial needs of a client, as we will consider all requests on an individual basis.**

Yours sincerely,

Julie Peacock  
(B. App Sc Physio, Masters App. Sc Physio Orthopaedics, MAPA)  
Owner and Principal Physiotherapist  
Advanced Pain Solutions and Marion Physiotherapy  
Mb: 0417856872

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