

## About Us:

**Advanced Pain Solutions** is a multidisciplinary team led by passionate owner and principal physiotherapist Julie Peacock.



With over 25 years clinical experience Julie is an Australian Physiotherapy Association Titled Pain and Musculoskeletal Physiotherapist, and a member of the Australian Pain Society and the International Association for the Study of Pain (IASP). Her past experience includes being Senior Physiotherapist Chronic Pain Unit RAH and Head of Orthopaedic & Spinal Outpatient Units, at RAH.

MOST importantly however Julie has personally used these pain treatment strategies herself to overcome the pain of a work injury, serious motor vehicle spinal injuries and surgeries, fatigue, hypermobility, and systemic inflammatory processes of Fibromyalgia and PTSD, all while being the solo mum of 2 very active boys and running a health business.

*She really DOES understand the day to day struggles living with Persistent Pain in the real world!*



Psychologist Dr Ivan Atkinson has over 25 years of clinical experience and a special interest in persistent pain, health coaching and trauma. He is also a member of Australian Pain Society and International Association for the Study of Pain (IASP).



Dietician and Nutritionist Grace Yu who is also a member of the Australian Pain Society and has a special interest in anti-inflammatory nutrition, weight loss and nutritional support of positive health changes.

Special Interest Physiotherapists from Marion Physiotherapy also work closely with Julie to help support group participants in their functional movement and activity retraining.



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION

Member



APS Australian  
Psychological  
Society

Believe in Change



THE AUSTRALIAN  
PAIN SOCIETY

[www.apsoc.org.au](http://www.apsoc.org.au)



International Association for the Study of Pain

IASP

Working together for pain relief



## Advanced Pain Solutions

a branch of

## Marion Physiotherapy

Reducing Pain. Restoring Health. Enhancing Life.

## Overcoming Persistent Pain and Functional Restoration Group Program: Hope In A Dark Tunnel

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Research shows that pain is ALWAYS real, it is ALWAYS valid and it is a unique and individual experience that is felt when danger messages from the tissues trigger a protective pain, inflammation or fatigue response.

The good news is research brings understanding to the multifactorial causes of pain, and how they can be treated and managed through a wide range of active treatment strategies.

Research also shows treatment for Persistent Pain SHOULD look radically different to acute or short term pain as it has different mechanisms driving it.

In addition to the musculoskeletal drivers of pain, your assessment and treatment also needs to address:

- Nervous system
- Brain and
- Immune system influences

as they can wind-up and maintain pain. Not addressing these factors can be one of the incredibly frustrating reasons pain has remained despite your and others best efforts to eliminate it.

Artwork by participant before pre program:



Artwork by same participant after program:



## Overcoming Persistent Pain and Functional Restoration Group Program 'Hope in a Dark Tunnel'

An interactive multidisciplinary group program helping to reduce the feelings of being alone with your pain and the sense of isolation that often accompanies Persistent Pain.

Format: 3 hours a week for 8 weeks plus individual pre and group assessments.

Consists of Physiotherapy, Psychology and Dietetic individual sessions and group topics covering:



### RETRAIN THE BRAIN

therapeutic pain neuroscience tools to reduce pain



### TAKING BACK TERRITORY

movement & activity retraining without flare-ups!  
Movement can be fun and tailored to suit ANY starting level



### HARNESSING MY BRAINS POWER FOR GOOD

how thoughts and feelings can contribute to the solution not the problem



### POSITIVE PAIN COMMUNICATION

getting your needs understood and addressed by family, friends and health professionals



### PAIN TOOLKIT

overcoming flare ups and developing your own individualised pain toolkit to maintain changes and prevent boom and bust cycle of activity participation



### VALUES BASED GOAL SETTING

I can still be me!



### MINDFULNESS

progressive relaxation and breath awareness training



### SLEEP STRATEGIES

improving sleep to reduce pain



### NUTRITION

anti-inflammatory foods/nutrition and addressing challenges of weight management with pain



### CELEBRATE VICTORIES

and sharing tools or inspirations that assist with pain

Funding may be available with prior approval through: WorkCover, NDIS, Medicare and Private Health.