



Marion Physiotherapy & Advanced Pain Solutions

REDUCING PAIN • RESTORING HEALTH • ENHANCING LIFE

858 Marion Road Marion SA 5043 P 8296 7594

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Advanced Pain Solutions: Overcoming Persistent Pain Group

A multidisciplinary holistic pain program run by Senior Physiotherapist Julie Peacock and staff, Psychologist Dr Ivan Atkinson and Dietitian and Nutritionist Grace Yu, who all have a special interest in Persistent Pain treatment.

Program consists of:

Initial Assessment

2 hours a week x 8 weeks

Follow up assessments – 3, 6 and 12 months following the completion of program.

This program is suitable for compensable WorkCover and CTP clients, private, NDIS clients and Medicare clients with a Group Mental Health care plan for Psychology (ask Dr for Medicare code 80120) and a Medicare EPC physio plan if available (Medicare code 10960).

Program Content:

- New evidence based pain treatment strategies: Explain Pain Protectometer resources used
- Latest research on contributing factors to pain
- Pacing and task modification skills training
- Movement reactivation around valued activities
- Reconditioning activities and exercise: at a level set by client to avoid flare up
- Goal setting: reclaiming your authentic self
- Active self -management strategies
- Mindfulness and relaxation techniques
- Communicating positively about your pain and getting your needs heard and addressed
- Improving sleep
- Advice on diet, nutrition and positive lifestyle choices

Julie Peacock

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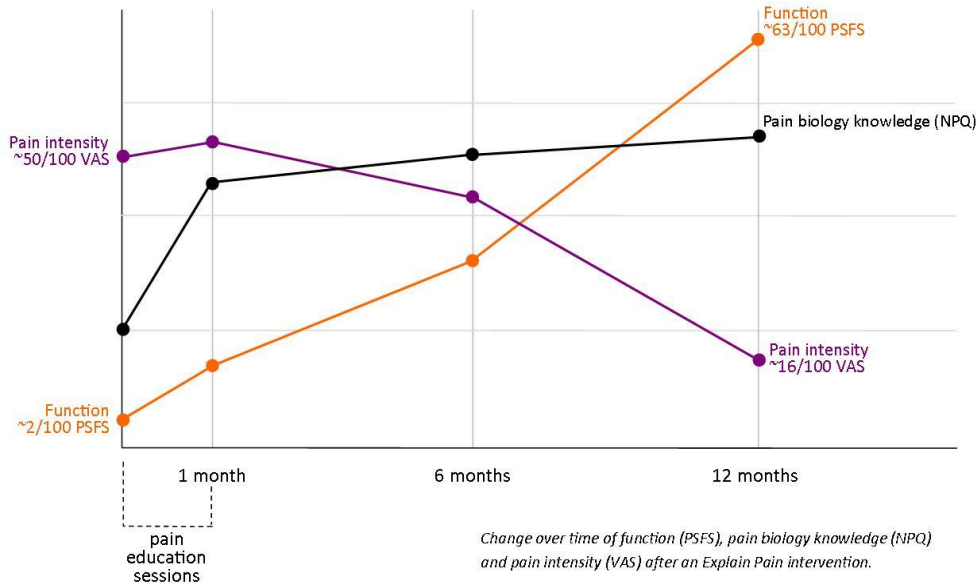
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Research outcomes

Research shows that people who participate in therapeutic pain neuroscience education courses addressing these key concepts of pain, biology, nervous system plasticity and specific treatment strategies, have experienced a reduction in pain and reported increase function.



Understanding how we all make pain and the contributing factors to your pain, is a powerful treatment for Persistent Pain. You can use this new knowledge to change the things you do, think, say and things happening in your body to help reduce your pain experience.

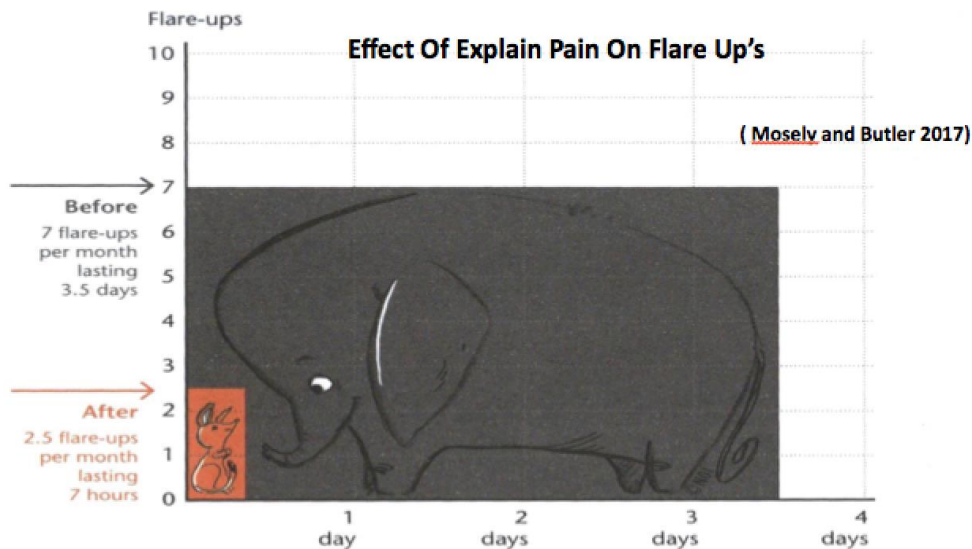


Figure 4.3 Frequency and duration of flare-ups are lower after Explain Pain (bilby) than before (elephant)

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References and Resources:

Butler & Moseley 2013, 'Explain Pain' edn 2, NOI Group, Adelaide, South Australia

Moseley & Butler 2017, 'Explain Pain Supercharged: The Clinician's Manual', NOI Group, Adelaide, South Australia

Moseley & Butler 2015, 'Explain Pain Protectometer', NOI Group, Adelaide, South Australia

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