



'Functioning With Pain'

Chronic pain education

Do you have chronic persistent pain?

Would you like to know what treatments may help you and would you like to learn some strategies to deal with your pain yourself?

Research has shown that participating in this session results in **significant improvement in patient outcome**. In other words it means you are able to get back to doing things you enjoy much quicker.

The session covers:

- Pain education, for instance :
 - What is the difference between acute and chronic pain and why we need to treat it differently?
 - Why do chronic pain sufferers get central sensitisation, what is it and what can you do about it?
 - When we are in pain, why does our autonomic nervous system put us in the 'fight/flight' danger mode, and why this is detrimental to our health and pain levels, and what can we do about this?
 - What is neurophysiology of pain and behavioural modification?
 - Why is it important to move and to pace activities?
 - How can active relaxation and Mindfulness help?
- Learn strategies you can put into place straight away!
- Why it's importance for you to be part of the decision-making process
- Assists you in understanding your diagnosis and treatment

Equipped with this knowledge you can decide if you want to undertake any of our multi-disciplinary treatments (no referral necessary) or to get a referral from your GP to see Dr Speldewinde or Dr Chan who like all of their patients to undertake this valuable educational session.

Booking into a session

Sessions held once a week on alternate Tuesdays (10am to 12pm) & Thursdays (2pm to 4pm)

Tea, coffee and biscuits provided

Cost: \$40 (\$20 concession card holder)

Bring a family member or friend along at no additional cost

(One-to-one pain education is available)