

FREQUENTLY ASKED QUESTIONS

Metro Pain Group Rehabilitation Coordinator



WHY DO I NEED TO SEE A REHABILITATION COORDINATOR?

Your doctor has requested that you see the Metro Pain Group (MPG) Rehabilitation Coordinator to ensure that we are looking after you as a whole person. The MPG Rehabilitation Coordinator will assess your condition to ensure you are receiving the best follow up care, engaging in the activities and exercise that will optimise the benefits of the procedure. Where necessary, the Rehabilitation Coordinator will refer you on to other recommended health providers in your area who will work together with MPG towards your rehabilitation, ensuring they have all the necessary information to treat you most effectively.

BUT I DON'T HAVE A DRINK OR DRUG PROBLEM...

Rehab is not just for addictions. It means the return to the optimum level of functioning – physically, mentally, socially, and at work. The Rehabilitation Coordinator assesses your current condition, provides education, advice and facilitates referral to the best people in your local area to assist with giving you the most positive overall outcome.

I AM ALREADY SEEKING TREATMENT FOR MY RECOVERY...

The MPG Rehabilitation Coordinator will work with your current treating professionals and ensure all necessary information about your condition, your procedure if you've had one and any specific instructions on how to best assist with your rehab. The Rehabilitation Coordinator will assess you and reviews the care you have been receiving. At times then Rehabilitation Coordinator may refer you to a different physio with specific expertise that would be of most benefit to you. The MPG Rehabilitation Coordinator assessment looks at more than just your physical needs, they are able to provide assistance in areas such as return to work issues, weight management, mental health and emotional needs.

BUT MY PAIN IS GONE...

That's great. Many of the procedures performed here at MPG are not permanent solutions and underlying problems can remain. This is now your window of opportunity to make sure you are maximising your function, strength and fitness and giving yourself the best chance of having long-term good results.

HOW MANY OF THESE APPOINTMENTS WILL I NEED TO HAVE?

This will depend on your particular needs. If you have ongoing problems that need to be reviewed, you may be asked to return to the MPG Rehabilitation Coordinator to check your progress a few months after your initial appointment. This is an ideal opportunity for you to remain linked in with the team at MPG who can provide extra help as needed. In many cases, only one appointment with the MPG Rehabilitation Coordinator is required, however we will continue to seek feedback on your progress from your local therapist/s and offer advice to them if necessary. Of course, you are welcome to book yourself in for review at any time should you wish to continue with rehabilitation consultations.

WILL THERE BE AN OUT OF POCKET COST?

There is an out of pocket cost of \$70. If you have private health insurance with extras cover you will be able to claim and only pay the gap amount. Compensable patients (TAC, WorkCare, DVA etc) are fully funded.

WHAT HAPPENS IF I DON'T WANT TO ATTEND THE APPOINTMENT?

It is our experience that patients get optimum results from their procedure and overall treatment plan when our Rehabilitation Coordinator is involved in your care. We recommend all patients attend at least one rehab appointment in order to achieve this. You can also call MPG at any time to make further appointments.

Please note that if you do make an appointment and either change your mind or cannot attend please ensure you let the clinic know 24 hours prior to your appointment to avoid a cancellation fee.

For more information

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