

FACT SHEET

Rehabilitation for Patients with Chronic Pain



WHY WOULD I NEED REHAB?

Chronic pain is about more than just the sensitisation of your nervous system: it can have a huge impact on your entire body, mind and quality of life. Pain that persists for longer than expected can affect your:

- Posture
- Strength, especially of your core (trunk) muscles
- Balance and mobility
- Flexibility
- Fitness
- Mood
- Sleep
- Weight
- Ability to work, socialise and enjoy life

Ensuring that you have access to the right rehabilitation services can assist in all of these areas. Even if your pain has largely resolved through medical treatment, many of the underlying problems can remain and are best addressed while your pain is more under control. Many pain-relieving

procedures or medications provide a window of opportunity to focus on rehab and re-engaging in life - they are not necessarily a cure.

If you are feeling better, our Rehab Coordinator can empower you to use your time wisely to help prevent future recurrence of pain.

HOW REHAB CAN HELP

At Metro Pain Group we see you as more than a sore back or a painful shoulder – we look at the whole person. Our Specialists provide expert diagnosis and medical input, and work alongside our Rehabilitation Coordinator to ensure the best overall outcomes.

With extensive experience in Physiotherapy and Rehabilitation, our Rehab Coordinator will:

- Assess your current situation through interview and physical assessment
- Review any previous or current rehabilitation you have been involved in and determine its effectiveness
- Provide education and advice

- Answer your questions
- Determine and help set your health goals
- Communicate with your current treaters (if any) and ensure they have the most up to date information on your condition
- Where appropriate, refer you to a Physiotherapist, Psychologist, Exercise Physiologist, Dietitian or other appropriate therapist. We continue to develop our list of preferred providers, and will direct you to the person we believe will deliver the best care in the closest location to your home
- Review you at a later date in many instances, to check on your progress and assist with ongoing treatment options

YOU ARE AN INTEGRAL PART OF YOUR RECOVERY

The best outcomes are achieved when you are actively involved in your Rehabilitation. Passive treatments such as massage and heat packs may provide temporary relief, but evidence shows that an active, exercise based approach is far superior in the long run. Combining the right exercise with the appropriate care of your mental, emotional and social needs is vital. At Metro Pain Group we aim to provide you with all the help that we can medically, while directing you to the best ongoing care and eventual self-management of your condition. With the appropriate rehabilitation, you have the best chance of being the best you can be.

For more information

Metro Pain Group
Monash House, Ground Floor
271 Clayton Road
Clayton VIC 3168
T 03 9595 6111
F 03 9595 6110
E info@metropain.com.au

metropain.com.au   

DISCLAIMER

Please note the contents contained in this Patient Fact Sheet are not intended as a substitute for your own independent health professional's advice, diagnosis or treatment. At Metro Pain Group, we assess every patient's condition individually. As leaders in pain intervention, we aim to provide advanced, innovative, and evidence-based treatments tailored to suit each patient. As such, recommended treatments and their outcomes will vary from patient to patient. If you would like to find out whether our treatments are suitable for your specific condition, please speak to one of our doctors at the time of your consultation.