



The Victorian
Rehabilitation Centre

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The Victorian Rehabilitation Centre

A Healthscope hospital.

ABN 61 069 962 698

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Pain Management



Pain management at The Victorian Rehabilitation Centre provides a holistic approach to assist people with managing pain, increasing functional capacity and optimising quality of life.

The pain management team consists of:

- Pain specialist
- Physiotherapists
- Exercise Physiologists
- Psychologists
- Occupational Therapists

All patients have a comprehensive assessment before being allocated to a specific treatment program tailored to their needs.

Programs

We have found that not all patients respond to the same intervention, as patients are at varying stages of their recovery. Our programs can be either group or individually based. We regularly review our programs to ensure we provide the most evidence-based programs to our patients.

Program aims

- Facilitate a 'self-management' approach
- Reduce use of pain medications
- Empower individuals to regain control of their lives
- Increase independence
- Improve self-confidence
- Improve endurance and muscle strength
- Assist with return to work where applicable

Return to work

A significant number of our patients have the goal of returning to work. As a team we aim to address barriers that may impede physical function and return to the workplace.

Facilities

The Victorian Rehabilitation Centre has excellent facilities including:

- Physiotherapy treatment area
- Occupational therapy work conditioning area
- Hydrotherapy pool
- Exercise physiology gymnasium
- Group education rooms
- Relaxation rooms
- Consultation suites

Education sessions

Scheduled sessions will include education and practical application in:

- Psychology and physiology of pain
- Biomechanics & posture
- Pacing (monitor work rate)
- Thinking & communication
- Sleeping difficulties
- Flare up management
- Lifestyle management/recreation
- Goal setting
- Stress management
- Relaxation

Progress

Progress is consistently measured using evidence based assessment tools specifically designed for this purpose. Patients are monitored closely and programs adjusted as required.

Referral

A referral is required to take part in this program. This can be obtained from your General Practitioner, Specialist or referring hospital.

Funding arrangements

We have funding agreements with all private health insurance funds as well as:

- Transport Accident Commission (TAC)
- Department of Veteran's Affairs (DVA)
- WorkSafe Victoria
- Comcare

Alternatively this program can be self funded.