

Who is Innervate Pain Management

Innervate Pain Management is an independent pain management facility that has been an industry leader in the management of chronic pain since 2005, with a staff who have over 100 years of combined experience in dealing with persistent pain.

Innervate Pain Management can provide individual, group based and inter-disciplinary interventions tailored to you. We want a full understanding of your condition in the context of your life.

We listen, and we know the pain is real.

What is the Innervate Pain Management Program (IPP)?

The program is an intensive, multidisciplinary, cognitive behavioral pain management program. Functional rehabilitation is the priority goal for all participants.

Similar Intensive pain programs are provided to people like you all over the world. Innervate is approved at the highest level in Australia and meets International standards for best practice.

The program involves treatment by a range of different healthcare professionals: pain specialists, psychologists, physiotherapists, exercise physiologists, occupational therapist, a pharmacist, and a breathing therapist. These practitioners have skills and experience in managing injured workers, rehabilitation and assisting injured workers to stay at, or return to work, and achieve social goals. All team members are highly experienced, not only in the management of persistent pain, but also in vocational rehabilitation for chronic pain.

Our Intensive Pain Program aims to help you manage your injuries and persistent pain, and to increase your participation and enjoyment of activities at home, work, and in the community.

innervate
pain management

skills for life

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Intensive Pain Management Program

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Who does the Intensive Pain Program and Why?

The Intensive Pain Program is beneficial to people with pain, who are having trouble working and socialising.

The Intensive Pain Program benefits people by improving their pain and the way they think and feel about their pain. When successful, people who attend the program will experience reduced effects of their injuries and improved activities at home, work and socially.

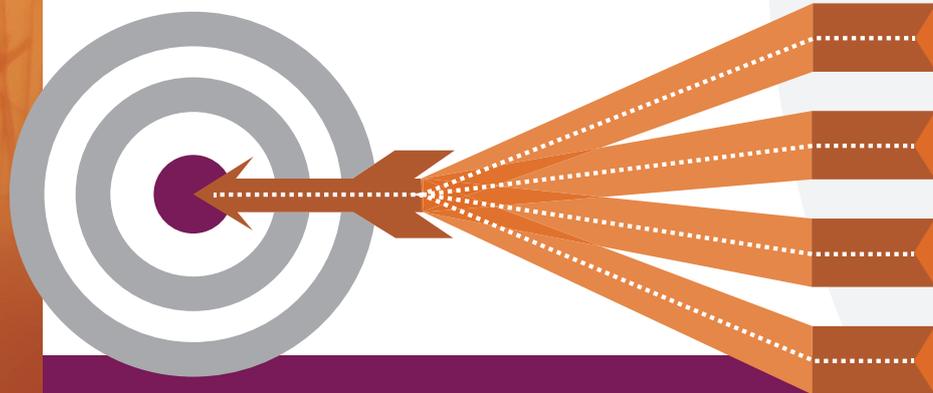
The Intensive Pain Program will help you be in control of your life.

The goals of the program are to:

- Increase activity without increases in pain
- Modify the perception of and response to pain
- Improve individuals' functional performance and quality of life
- Improve sleep and nutrition
- Improve relationships and communication
- Improve mood and reduce stress
- enhance self-management and reduce reliance on the health care system
- promote appropriate use of medication and reduce substance dependency

"It's been amazing, thank you.....

It's such a confidence booster to get out of my pj's and into laughing, socializing and feeling things are achievable again."



What happens in the Program?

The program is called intensive because of the amount of time spent and information given (runs from 9 am to 4 pm, 3 days per week for 4 weeks, as well as follow-up contacts and support over a 6 month period).

The program involves:

- Information to help you understand chronic pain and treatments based on the latest science available.
- Educational sessions on: the nature of pain; psychological links with chronic pain; rationalisation and reduction of medication usage; stress, anger and mood management; pacing and activity planning; assertiveness and self-esteem; nutrition; how to increase work, recreation and social activity; sleep
- Physical reactivation incorporating: postural retraining; walking; stretching; gentle exercises; manual handling and ergonomics;
- Individual sessions as appropriate in: psychology; medication management; exercise physiology; vocational goal-setting; breathing techniques
- Breathing, calming and relaxation in daily life
- Creating a post program plan
- Morning tea and lunch are provided

The Referral Process

Patients can be referred by their local doctor, specialist, physiotherapist, psychologist, vocational rehabilitation provider or other health professional.

An individual 1-hour appointment will be made initially, during which time we will decide together whether the program is likely to help you.

Cost

The program is generally funded by Workers Compensation or Third-Party Insurer for Compensable patients. Quotes can be obtained if a patient is self-funded.

Let's work together to treat

Chronic Pain



Benefits of Participating

Some of the benefits of participating in the Intensive Pain Program include:

- Access to multidisciplinary healthcare professionals with skills and experience in persistent pain.
- A comprehensive assessment, tailored program and ongoing monitoring throughout your rehabilitation.
- Guidance and clear explanation about returning to work with pain.
- Provided your Insurer approves the program, there may be no out-of-pocket expenses for you.
- Connecting with people who have similar experiences, in a supportive environment.