

THE REHABILITATION TEAM

Medical Director:

Dr Peter Winstanley - Orthopaedic Surgeon
MBBS (Qld) FRACS FA Orth.A

Consultant Specialist:

Dr Peter Georgius – Pain and Rehabilitation Specialist
FAFRM (RACP), FFPMANZCA (ANZCA)

Team Leader:

Co-ordinates the team of Allied Health professionals, providing quality evidence-based services for clients. Liaises with referrers and medical professionals.

Exercise Physiologist:

Provides exercise prescription and supervision of all physical components of the program, including gym and hydrotherapy.

Physiotherapist:

Oversees the clinical management of clients, undertakes individual assessments, provides each client with comprehensive diagnostic and prognostic information.

Psychologist:

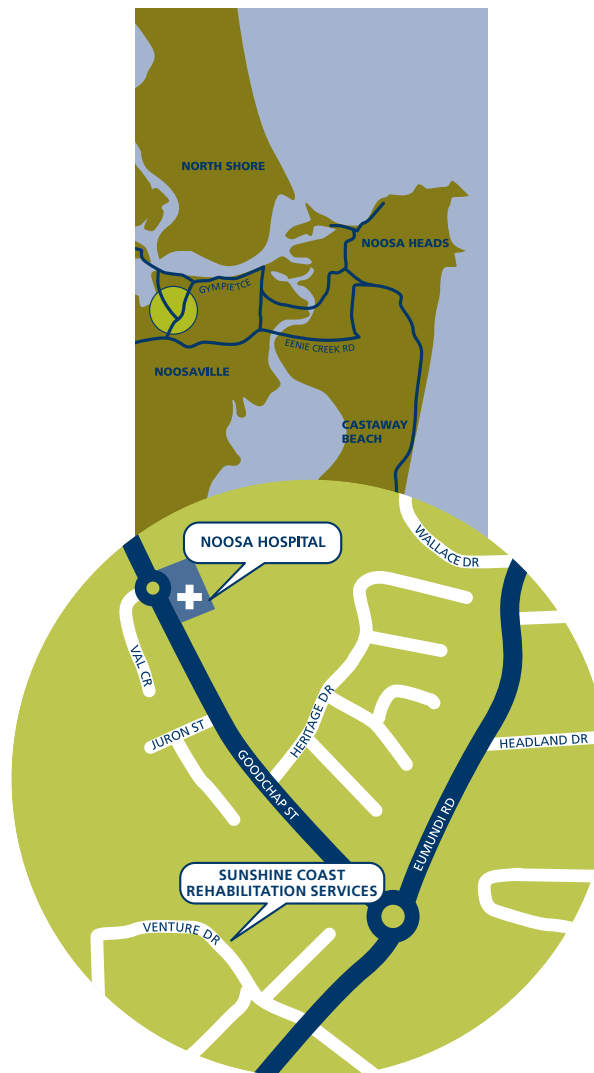
Undertakes assessment to identify psycho-social barriers to rehabilitation, provides individual interventions and group educational sessions for clients.

Occupational Therapist:

Provides assessment and intervention within both the clinical and work environments, facilitates group sessions to address activities of daily living and provide ergonomic advice.

Dietician:

Provides clients with nutritional advice in a group educational session. Able to provide specific dietetic advice if required.



Sunshine Coast Rehabilitation Services Noosa Hospital

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Location: 2/8 Venture Drive Noosaville Qld 4566

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People caring for people



Sunshine Coast Rehabilitation Services

Pain Management Rehabilitation

Information for persons with ongoing pain



NOOSA
HOSPITAL

Do you experience any (or a combination) of the following?

- Unresolved pain lasting longer than 3 months
- Interference by pain in areas of your life such as work, family, leisure activities, sport
- Reduced activity level due to pain
- Dissatisfaction with previous treatment for pain
- Reduced sleep quality as result of pain
- Increased reliance on smoking or alcohol to cope with pain
- Serious concerns that activity/work will increase pain

Adverse feelings as a result of pain such as:

- long-term low mood,
- loss of sense of enjoyment,
- more irritable than usual,
- feeling anxious or under stress,
- increased awareness of body sensations,
- unable to maintain sense of control,
- disinterest in social activity,
- feeling useless and not needed

If so, intervention to assist self-management of chronic pain may be indicated

Our Pain Management Program runs for 10 days over two weeks providing:

- Thorough assessment to identify your needs
- Daily supervised gym exercise
- Daily instructed hydrotherapy

- Manual handling education and practical component
- Intensive support with implementing self management strategies to address pain
- Counselling (to address psychosocial factors underlying pain)
- Dietary advice
- Return to work exploration and planning, if indicated
- Report to treating medical professional/s on completion

PROGRAM OUTCOMES

Active participants in the rehabilitation program typically experience pain reduction and an improved sense of control over their condition, increased awareness and the development of active coping strategies.

At discharge the following outcomes can also be expected:

- An individualised ongoing exercise regime
- A clear understanding of your diagnosis & prognosis
- An ability to independently use active self management strategies
- Development of correct movement patterns
- An ability to apply correct body mechanics to daily activities
- Improved mood management & psychological health
- Improved quality of life
- Development of a routine to promote a healthy balanced lifestyle
- Formulation of workplace strategies, to promote return to work
- Decreased reliance on passive therapies



ENTERING THE PROGRAM

Referral to the service occurs through an individual's treating doctor, to a weekly assessment clinic with the Medical Director. Specialist Doctors can refer directly to Sunshine Coast Rehabilitation Services. Please fax referrals to 5449 9572.

HOW ARE COSTS COVERED?

Private Health Funds, Department of Veterans' Affairs, Workers' compensation, CTP Insurers and Income Protection Insurers often meet the cost of the program. Limited funding is available from Queensland Health for clients without any form of insurance. Self-funded clients are also welcome.

For further information please discuss with your treating medical practitioner. For further enquiries contact our office on 07) 5449 9199

TESTIMONIALS

"I have learned to move again and I feel motivated to continue exercise... definitely a positive experience."
– C., swim coach

"this program taught me how to manage my back pain... I thoroughly recommend it" – J., retired

"I have learned to manage my life a lot more..."
– S., landscape gardener

"I am now planning to do the things I want to do in the future. I wish I'd done this years ago"
– G., ex-military