

## 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. Liaison 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:

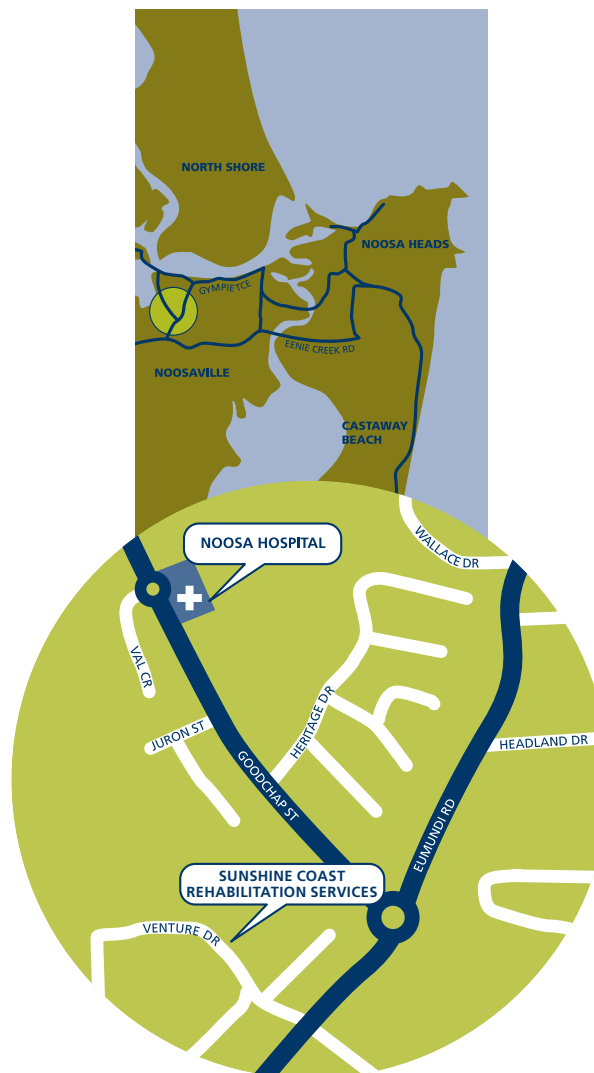
Undertakes assessment to identify psycho-social barriers to rehabilitation, provides individual interventions and group educational sessions for clients.

### 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

Postal: 111 Goodchap Street, Noosaville Qld 4566

Location: 2/8 Venture Drive Noosaville Qld 4566

ph: 07 5449 9199 - fx: 07 5449 9572

email: suncoastrehab.noh@ramsayhealth.com.au

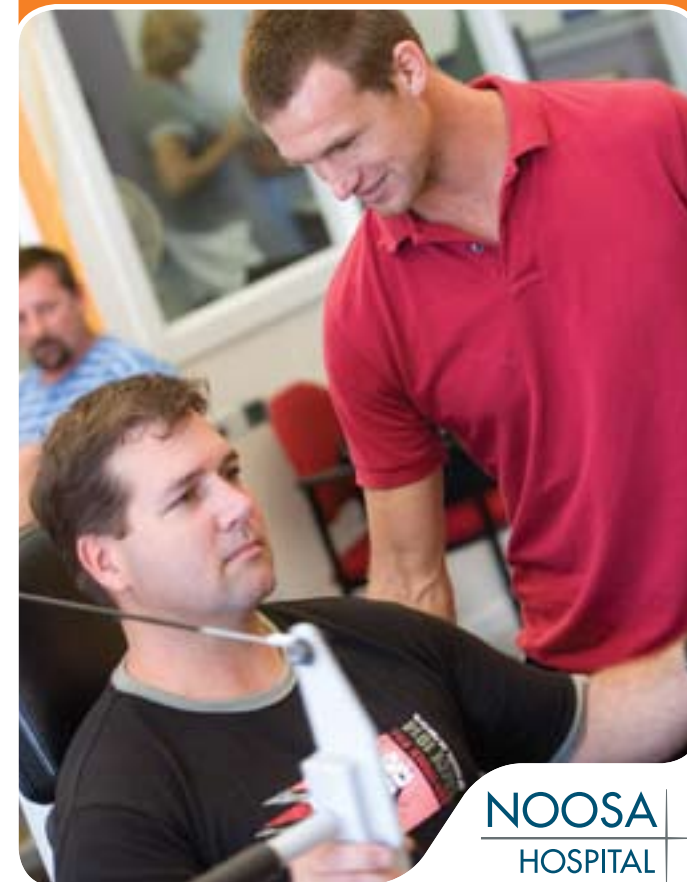
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People caring for people



# Sunshine Coast Rehabilitation Services

## Referrer information



NOOSA  
HOSPITAL

# Multi-Disciplinary Intervention for Management of Musculoskeletal Pain

## PAIN MANAGEMENT PROGRAM STRUCTURE

**10 days program over two weeks providing:**

- Comprehensive assessment
- Daily supervised gym exercise
- Daily instructed hydrotherapy
- Manual handling education and practical component
- Psychological intervention
- Support with implementing self management strategies (to address psychosocial factors underlying pain)
- Dietary advice
- Return to work exploration and planning
- Workplace assessments
- Formulation & monitoring of suitable duties programs
- Comprehensive report on completion

**Group education is provided on the following topics:**

- Diagnosis & prognosis
- Injury prevention
- Understanding pain
- Exercise planning
- Stress management & relaxation
- Cognitive behavioural therapy
- Pain & the chronic pain cycle
- Correct postures & movement patterns
- Workplace strategies & ergonomics
- Relapse prevention

## 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 cognitive coping strategies. Especially useful for clients who have failed Primary Care.

**At discharge the following outcomes can also be expected:**

- An individualised ongoing exercise regime
- A clear understanding of one's diagnosis & prognosis
- An ability to independently utilise 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

## HOW ARE COSTS COVERED?

Workers' compensation, CTP Insurers, Department of Veterans' Affairs, Private Health Funds 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.



## ENTERING THE PROGRAM

Referral to the service occurs through an individual's treating doctor, to a weekly assessment clinic with the Medical Director. Medical specialists and WorkCover Queensland can refer directly to Sunshine Coast Rehabilitation Services.

**Please fax referrals to 5449 9572.**

## ADDITIONAL SERVICES

### Shorter Programs (3 days)

For persons not responding to treatment or who are requiring extended treatment beyond anticipated recovery time. Ideal for persons currently at work yet may be having difficulty remaining there or unable to upgrade duties.

### Individual Services, negotiated individually, per requirements, cost/hour:

- Physical conditioning
- Work hardening
- Adjustment counselling
- Facilitation of return to work
- Workplace evaluation
- Development, implementation & monitoring of suitable duties programs

For further information please contact our office (07) 5449 9199

