

Active pain management

Resources and information to assist the self-management of pain.

Arthritis SA

This includes details of exercise classes, self-management programs, exercise equipment packages, video/DVDs etc.

Tel. 8379 5711

Tel. 1800 011 041 (country free call)

Recommended reference

Manage Your Pain. Practical and Positive Ways to Adapt to Chronic Pain

Dr M. Nicholas, Dr A. Molloy, L.Tonkin, L Beeston (2007), ABC Books.

Websites

ACI Pain Management Network

This website will develop your understanding of pain and ways of self-managing. You can also hear from people with chronic pain and learn about the ways they have lived with pain.

Australian Pain Management Association

The Australian Pain Management Association website providing a wide range of specialised support services for people with pain.

Chronic Pain Australia

This organisation provides resources and information to help individuals effectively manage their pain. Its mission is to reduce the unnecessary suffering and isolation caused by chronic pain in the Australian community.

The Pain Toolkit

On this website you can download a simple information booklet titled 'The Pain Toolkit' that provides tips and skills to support you in managing your pain.

For more information

Web: www.sahealth.sa.gov.au/lowbackpain

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<http://www.gilf.gov.au/>



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