

Active pain management

Community programs and information to assist the self-management of pain.

Moving towards wellness course

Contact the [Arhritissa Foundation](#)
Tel: 1800 011 041

Six weekly sessions – each session 2.5 hours

People with arthritis can learn how to manage their symptoms and meet with others sharing similar concerns.

Contact the Arthritis foundation for details of costs involved.

Challenging pain workshop

Contact the [Arhritissa Foundation](#)
Tel: 1800 011 041

Two weekly sessions. Each session 2.5 hours

Aims to provide people living with long term pain with some skills and techniques to manage pain more effectively.

Contact the Arthritis foundation for details of costs involved.

The Paragon Institute pain management program

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Program Coordinator
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Email: info@robertsphysio.com.au

10 week program, twice weekly
Each session two hours.

A multidisciplinary pain management program for privately insured patients with chronic pain complaints.

Costs are covered (in part) by private health funds. Contact the Paragon Institute and your private health cover provider for specific costing details.

The Memorial Hospital rehabilitation program

Enquiries, Tel. 8366 3864
Medical referral required

Short term inpatient program (7 to 10 days) or outpatient rehabilitation programs available.

A multidisciplinary rehabilitation program aimed at maximising mobility, functional ability and improving well-being.

Costs are covered (in part) by private health funds. Contact the Memorial Hospital and your private health cover provider for specific costing details.

The Pain Management Unit (PMU), Royal Adelaide Hospital

Medical referral required from general practitioner or RAH outpatient clinic.

Patients are assessed and followed up as required. Group programs run for up to 10 weeks.

Patients are initially assessed by a PMU doctor and then directed towards appropriate management options (eg psychology, physiotherapy, procedures, group programs).

An Adelaide Health Service program with no cost to Medicare card holders.



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Additional resources

Arthritis SA

Further information for people with arthritis, osteoporosis or chronic pain is available from [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

[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

Email: RAHspine@health.sa.gov.au

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

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