

Pain Management Programme



**Southern
Rehab™**

Looking forward

At Southern Rehab we know that pain is complex and very personal.

Pain can be distressing, disabling and persistent. It can stop you doing the things you want to do and that give your life meaning.



Southern Rehab ACC Funded Pain Management Programme

We know our bodies have an amazing ability to let us know when things aren't quite right and pain is our body's warning signal when we are sick or injured. However, sometimes our body's warning signal can carry on after the body has otherwise healed. If this happens, then pain itself has become the problem.

The good news is that Southern Rehab's team of expert clinicians have developed a programme funded by ACC to help you learn why your injury related pain is persisting. Southern Rehab leads the way in successful client outcomes in New Zealand in the ACC-funded Pain Management Programme, making Southern Rehab the ideal provider for you. Improving your knowledge about your pain is very powerful, helping you to change how you act and react, think and focus. Our team will work with you to learn more about your existing strengths and skills and actively involve you in the development of a personalised rehab programme, helping you to get you back to living your best possible life.



Your Southern Rehab team

Depending on your individual needs, your rehabilitation team may be made up from medical specialists, physiotherapists, occupational therapists, registered nurses and clinical psychologists. As well as these team members, medication reviews may be provided by pharmacists and dietary advice from dietitians. Your pain management plan may also include: assessment in the home and community-based activities; pain education based on your personal learning style, and a wide range of pain management techniques.

The Southern Rehab integrated approach means we will work with your doctor (general practitioner or medical specialist) or primary healthcare professional as well as with your workplace (where appropriate) to ensure we have a good understanding of how your pain affects you. It is helpful for us to have all the information we need, to enable us to assist you with your pain management and give you the very best of our integrated approach.

How do I enter the programme?

To enter the ACC funded programme, you need to be referred by your doctor, or primary healthcare professional. You can complete the Örebro pain questionnaire that they can provide to you or you can find it on our website. Once you have completed the questionnaire, your referrer will assess it and if you qualify for the programme, they will submit it with their referral letter to Southern Rehab. At this time, you will also need to supply a completed ACC6273 – Provider referral for pain management form. One of our team will contact you to arrange an appointment as soon as ACC has approved your referral.

To learn more, please visit southernrehab.co.nz

If you cannot be referred into the programme, you can self-refer and pay for the programme privately.

For more information on how to enter the programme without a health professional's referral, and for the cost, please contact Mark Ottley, Clinical Lead Pain Services mark.ottley@southernrehab.co.nz



Looking forward