

Pain Management Program



Is chronic pain affecting the productivity and lifestyle of any of your employees?

Konekt's Pain Management Program was developed to equip people experiencing chronic pain with the knowledge and skills to help them self-manage their pain more effectively in their daily life. In addition, the Program aims to influence clients to begin implementing their new skills and knowledge during the program. Ultimately the key objective of the Pain Management Program is for the sufferer to establish empowerment and encourage self application of the coping strategies gained through the program.

Who benefits

Konekt's Pain Management Program is aimed at clients who are finding that their chronic pain is impacting on their functioning in at least one area of their lives. Clients need to be committed to developing their personal strategies for coping with pain.

How the Program works

Konekt's Pain Management program is presented in groups and includes a skills based, educational format aimed at providing knowledge and techniques for effective self management of chronic pain.

Treatment plans can be tailored to individual client needs or the client can participate in a group pain management program. In either case, the program will generally consist of the following:

- Assessment of client's pain behaviours
- Educating the client on the meaning of chronic pain
- Using pacing to overcome the effects of chronic pain
- Overcoming barriers to change, including fear avoidance behaviours
- Challenging beliefs about pain
- Relaxation and distraction techniques to assist with pain management
- Stress and problem solving
- Improving communication with those around the client including relationships, children, family, friends and work
- Pain and work
- Maintaining the changes; dealing with setbacks

Konekt's Pain Management Program is staffed by psychologists, physiotherapists, and exercise physiologist with sessions being facilitated by two group therapists. So you can be assured that those impacted by chronic pain are in good hands.

Like to know more?

For more information, contact your local Konekt branch or visit www.konekt.com.au