

“...now I understand why things were happening. With the exercises I do daily, together with the skills and strategies I’ve learnt, I’m in a really good place now.”



**This program is located at**

137 Thirteenth Street, Mildura  
(Corner Thirteenth Street & Deakin Avenue)

### General Enquiries

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**This program is funded by:**



SCHS acknowledges the Latji Latji, The First Peoples of the Millewa-Mallee and their neighbours the Barkindji as Traditional Custodians of the land on which we work and live.



**SCHS is proudly inclusive**

# Pain Rehabilitation Service



**SCHS**  
Sunraysia Community Health Services

## Feedback

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## What is pain rehabilitation?

Pain is complex and usually has multiple causes and contributing factors. Many people find that using just one treatment strategy, such as medication, is ineffective. Taking a 'whole person' approach to pain - including movement, mind and education - is helpful in managing pain and improving quality of life.

## Our Service

Our service works in partnership with your health care providers to deliver an interdisciplinary pain rehabilitation program. This program aims to assist people living with persistent non-cancer pain, by providing coordinated education, treatment and support to improve their quality of life.

## Service Information

### What does the program involve?

- Attending a group session called 'understanding pain' which will explain the causes of persistent pain and the treatments that can help.

### Depending on your needs and interests, you may:

- Undergo full multidisciplinary assessment with members of the pain team (Nurse, Physiotherapist, Counsellor and Pain Specialist) followed by an agreed treatment plan
- Engage in individual treatment sessions, which may include exercise, education and stress management or self care strategies.

The length of your treatment will vary according to your specific pain issues. We provide a tailored approach that helps you to develop self-management skills to best manage your pain.

**“...with the help of the team at SCHS they've given me so much support in helping me cope with what I've been dealing with for many years...”**



## Eligibility

To be eligible for this service you should be:

- Over 18 years of age
- Experiencing persistent pain (longer than three months)
- Interested in how to better manage your pain. Not in receipt of injury compensation (Workcover/Traffic Accident Commission).

## Cost

There is a fee for this service. This will be discussed with you before you access the service.