



Cost free service

ReConnect Pain Management Program (rPMP)

What will I gain from attending the ReConnect Pain Management Program?

- Improve your function (physical, social and emotional)
- Assist you to re-explore skills to deal more effectively with pain (e.g. goal setting, mindful awareness, pacing, flare-up management, exercise and mindful movement)
- Improve your understanding of how general, physical and psychological health factors influence your pain
- Decrease pain-related fear
- Start to reconnect and reclaim all parts of yourself, even the painful ones

The Details

This program runs for 6 weeks, twice a week for approximately 3 hours each session. It is run in a small group with no more than 12 participants.

The group is currently run on a Tuesday and Thursday afternoon.

For specific start dates, please speak with your pain care team.



Supported by the State Government

Supported by the Australian Government Department of Social Services



RECONNECT PAIN MANAGEMENT PROGRAM OVERVIEW

Tuesday's education session topics (2.5hrs):

Week 1: Your journey so far, values and goals

Week 2: Making sense of pain

Week 3: Exercising and pain
: Flare-up management

Week 4: Thoughts, feelings, and stress
: Taking in the good

Week 5: Medication management
: Fatigue and sleep

Week 6: Nutrition and healthy eating
: Reflect and review

Thursday's movement session (1.5hrs):

- Mindful movement practice
- Low level activity circuit

