



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.



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

