

Pain Management

Our Pain Management Program is a multidisciplinary program designed to address the complex needs of people with chronic pain. Our program focuses on self management techniques and exercises that can assist in managing the impact of pain on daily life and increasing participation at home, work and socially.



What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and cardiovascular training will be made to help you regain independence and resume daily activities.

- 2 - 3 sessions per week
- 1.5 - 3 hours per session (depending on health fund)
- Refreshments provided
- Individual assessment and goal setting

You may have access to

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy
- Clinical Psychology

How do you access the program?

- Referral from your GP or specialist

Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance



Get Well, Move Well, Enjoy Life!



Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Dee Why

Manly

Kirrawee



Inner West

The Sydney Private Hospital

9716 3700 | SydneyPrivate@macrehab.com.au

South

President Private Hospital

9542 2929 | PresidentPrivate@macrehab.com.au

Northern Beaches

Manly Waters Private Hospital

9977 9977 | ManlyWaters@macrehab.com.au

Delmar Private Hospital

8978 5287 | Delmar@macrehab.com.au

Upper and Lower North Shore

Longueville Private Hospital

9427 0844 | Longueville@macrehab.com.au

East

Eastern Suburbs Private Hospital

8383 7400 | EasternSuburbs@macrehab.com.au

West

Holroyd Private

9721 6800 | Holroyd@macrehab.com.au

Minchinbury Community Hospital

9625 2222 | Minchinbury@macrehab.com.au