

## HOW TO ACCESS OUR SERVICES?

- You may contact our clinic directly. You may ask your GP to refer you.
- We will give you an appointment after you have returned the completed questionnaires AND referral letter.
- Questionnaires can be downloaded from [www.fpmx.com.au](http://www.fpmx.com.au). We can also email or post them to you.

## YOUR FIRST VISIT

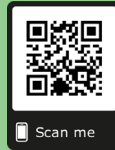
### Before your first consultation, we need:

- A referral letter from your doctor (and a summary from your GP if different)
- The completed questionnaires
- X-rays and reports
- A list of all past & current medications
- A list of past treatments and effects
- Copies of relevant doctors' letters and any medical reports
- Reports from other health carers e.g. physiotherapist, acupuncturist, psychologist, chiropractor, etc
- Workcover/TAC Approval - if you have them.

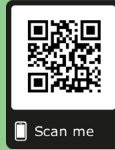
*Please allow enough time to see the doctor and expect to be at the clinic for 2 hours for your first consultation.*

*Please be patient if you are kept waiting. It is because the doctor is attending to another patient. You can be assured that when it is your turn, you will receive the same care and attention. Some of our patients may have unexpected complex issues which means that your doctor may be held up on the day of your appointment.*

## WANT MORE INFORMATION?



**PAIN TOOLKIT**  
<http://bit.ly/2zy7ZMt>



**UNDERSTANDING PAIN IN 5 MINS**  
<http://bit.ly/2OwKjO6>



**MANAGE YOUR PAIN. A-Z GUIDE**  
<http://bit.ly/2SRof47>



**CHRONIC PAIN AUSTRALIA**  
<http://bit.ly/2PiPID1>



**EXERCISE IS MEDICINE**  
<http://bit.ly/2zy8SVp>



**BEYOND BLUE**  
<http://bit.ly/2FgUV4u>

**FOR MORE INFORMATION VISIT**  
**[www.fpmx.com.au](http://www.fpmx.com.au)**

### FRANKSTON PAIN MANAGEMENT

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## PATIENT INFORMATION BROCHURE



## FRANKSTON PAIN MANAGEMENT

Maximising Function | Minimising Pain & Suffering



**DON'T LET PAIN CONTROL YOU**

## YOU ARE NOT ALONE

Chronic or persistent pain is pain that lasts for more than three months, and in many cases, beyond the body's normal healing time.

**At any time, around 20% of Australians have pain interfering with daily life.**

But there are ways to get around the pain and get on with life.

## LET'S WORK TOGETHER TO TREAT CHRONIC PAIN



## TAKE BACK CONTROL

*It's your life.*

**Get back in the driver's seat.**

## TOP SELF HELP TIPS

1. **Accept** that you have chronic pain.

Acceptance is taking control to be a good self manager, not giving up.

2. **Pacing daily activities** is critical.

Pacing is planning activities with short breaks to allow completion without flaring your pain.

3. **Be patient.** It takes time to improve.

Take things steadily, avoid boom and bust overactivity.

Take things one day at a time.

4. **Plan and prioritise** daily plans. Be flexible.

5. **Set simple, realistic goals** and make an action plan to get started.

6. **Stretch and exercise regularly.** Aim to walk or be active for 30 minutes daily.

Exercise helps improve your health, mood, quality of sleep and maintain a positive outlook in life.

7. **Learn to Relax and Release stress.**

Relaxation reduces muscle tension and calms the mind.

8. **Learn to manage your depression and anxiety.** Being anxious and depressed makes living with pain harder.

9. **Use as little medication as possible.**

Improved function and pain relief needs to outweigh the side effects.

## THERE IS NO 'ONE SIZE FITS ALL' APPROACH

Frankston Pain Management has been established for over 25 years. It is made up of a team of motivated health professionals who are experts in pain management.

- Dr Murray Taverner
- Dr Navid Hamedani
- Dr Surabhi Gupta
- Dr Kwun Hung NG (Tony)
- Dr Jigna Hapani
- Dr Wing Sang CHAN

## TREATMENT OPTIONS INCLUDE:

- Comprehensive assessment Pain management education
- Medication review and adjustment
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Scrambler Therapy
- Diagnostic & therapeutic infusions
- Nerve blocks, epidural and transforaminal injections
- Radiofrequency Treatment
- Percutaneous Intradiscal therapy
- Advanced pain treatments (eg. stimulators & pumps)
- Regenerative Injections
- Psychological strategies to improve self-management of pain and mood including cognitive-behavioural and acceptance-commitment therapy
- Stress management training Counselling to address fear & mood Individual, Group and Online pain self- management programs.
- Graded physical activity for fitness
- Intensive rehabilitation programs