

## 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 ( & 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, medical reports
- Reports from other health carers - e.g. physiotherapist, acupuncture, psychologist, chiropractor, etc
- Workcover/TAC Approval - if you have one.

*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?

[www.fpmx.com.au](http://www.fpmx.com.au)

### Pain Toolkit

<http://bit.ly/2zy7ZMt>



Scan me

### Understanding Pain in 5 mins

<http://bit.ly/2OwKjO6>



Scan me

### Manage your Pain. A-Z Guide

<http://bit.ly/2SRof47>



Scan me

### Chronic Pain Australia

<http://bit.ly/2PiPID1>



Scan me

### Exercise is Medicine

<http://bit.ly/2zy8SVp>



Scan me

### Beyond Blue

<http://bit.ly/2FgUV4u>



Scan me

For more information, please go to our website:

[www.fpmx.com.au](http://www.fpmx.com.au)

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**Don't Let Pain Control you**



**FRANKSTON PAIN  
MANAGEMENT**

Maximising Function,  
Minimising Pain and Suffering

Patient Information Brochure

## 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.



## 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.

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

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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.

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Take things one day at a time.

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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.*

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

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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.

The team is led by Dr Murray Taverner who is a leading author of a number of peer-reviewed journals and he has published several original research projects. He has trained, lectured and demonstrated a range of pain management techniques both in Australia and overseas.

### Treatment Options Include:

- Comprehensive assessment
- Pain management education
- Medication review and adjustment
- Graded physical activity for fitness
- Intensive rehabilitation programs
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Diagnostic & therapeutic infusions
- Nerve blocks, epidural and transforaminal injections
- Radiofrequency Treatment
- Percutaneous Intradiscal therapy
- Advanced pain treatments (eg. stimulators & pumps)
- 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.