

PAIN COACHING

A program that helps you understand and better manage pain



HEALTHIER, LONGER,
BETTER LIVES

Exphys Rehab's innovative pain coaching program integrates modern pain science research into practice.

Research shows that when someone can make sense of their persistent pain, their pain reduces, and their function improves.

Pain coaching and education ensures that you are best placed to understand your pain, for improved wellness, life and work performance. Pain coaching is an active approach, which gives you the control. While recognition of this best practice approach is improving, pain science knowledge is not yet widely integrated into practice. This is because pain coaching is dependent on the knowledge and skill of the coach and educator. It also takes time and effort.

Education

You need to understand why you hurt. Your pain is real and we help you understand the biological cause of your pain. You learn how pain protects you, and what is (and is not) related to tissue changes. This creates a sense of safety, giving you the freedom to gradually move. We help you understand the changes that occur in your body which contribute to your pain, and put a plan in place to change this. Without this knowledge, some people are unsure about what they should be doing to tame their pain.

Coaching & Management Strategies

Pain is unpleasant and it is a natural protective feature of the human body. It alters our behaviour and thinking. You will be coached on active strategies and management techniques to live better with pain. This re-trains your body's overly protective pain system. You learn how to open the drug cabinet in the brain, and move without over protection.

You also learn how stretching, diet and nutrition, sleep, and positive thinking settle your overly protective pain system.

As everyone's pain experience is unique, the pain coaching program is provided one on one. We holistically work with you as a whole person, not as a medical diagnosis.

We will understand you and your persistent pain, and identify how it impacts your life. The program will be tailored and enjoyable for you. An individualised plan is created with you, for you.

The Pain Coaching program is provided over the telephone and using the internet. One of our qualified allied health pain coaches will assist you throughout your entire pain coaching program.

To find out more about the pain science behind our pain coach program, view www.tamethebeast.org, a short 5-minute video.

Participant Feedback:

"Pain ruled my life, it was unbearable – but now it's not ruling my life, I am ruling my life"

"I wasn't able to do things because of the pain, now my pain is totally controlled"