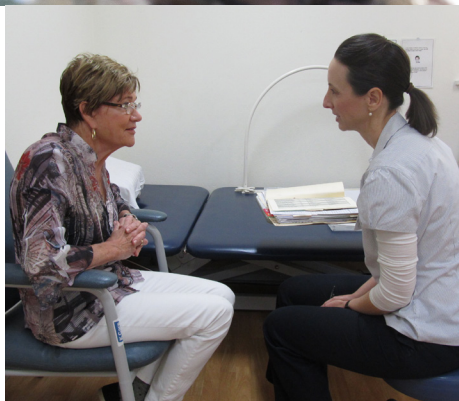




Pain Management Program

Living Your Best Life



The Berkeley Vale Pain Management Program is an interdisciplinary program designed to address the complex needs of people with chronic pain. It is delivered by our experienced team of Physiotherapists, Exercise Physiologists, Psychologists and Occupational Therapists. Our program focuses on self-management techniques and exercises that can assist in managing the impact of pain on daily life and increasing participation in meaningful activity including home, work and leisure.

People caring for people.

berkeleyvaleprivate.com.au



Berkeley Vale
Private Hospital
Part of Ramsay Health Care

Combining individualised and group-based interventions, the program seeks to achieve the following goals:

- Challenging fears about activity and fear avoidance
- Managing stress and improving sleep habits
- Pacing, goal setting and engaging in activity
- Combining the benefits of exercise and practical education sessions
- Learning about your own body and how to best manage your movements
- Experiencing the benefits of hydrotherapy and mindfulness

The program is overseen by one of Rehabilitation Specialist Doctors.

Program Delivery

Running twice weekly afternoon sessions on Tuesday and Friday over a period of 6 weeks, patient commitment to the program is essential to ensuring successful outcomes. Regular review points are conducted following program completion to ensure maintenance of new skills and behaviours learnt during the program.

Program Funding Options

Patients who have comprehensive private health insurance and are covered for rehabilitation in their insurance, often will be covered for day program services. Alternatively funding via third party or other compensation schemes is also available. Quotes can be obtained if a patient is self-funded.

Guidelines for Admission to the Program

- Referral from a GP or Medical Specialist to one of our Rehabilitation Specialists.
- Persistent pain experience, regardless of initial diagnosis
- Clearance for exercise and / or hydrotherapy

How to make a referral

Referrals can be faxed to Fax: **02 4389 9413**. For more information about the program please phone Therapy Reception on **02 4389 9467**.

Berkeley Vale Private Hospital location map



Assoc. Prof. Michael Pollack

MBBS (UNSW), FAFRM(RACP), FACRM,
FFPMANZCA, M.Med.Sci (Clin.Epi)

Rehabilitation medicine Physician

Michael obtained his Bachelor of Medicine and Bachelor of Surgery from the University of New South Wales in 1981 completing his internship at Royal North Shore Hospital.

Michael became a fellow of the Faculty of Pain medicine, Australian and New Zealand College of Anaesthetics in 1999 and completed his Master in Medical Science (Clinical Epidemiology) from the University of Newcastle in 2000.



Dr Amira Aggour

MBBCh, FAFRM

Specialist physician in Rehabilitation medicine

Dr Aggour obtained Fellowship of the Australasian Faculty of Rehabilitation Medicine (FAFRM) in 2016.

Dr Aggour has vast experience in all aspects of rehabilitation medicine including geriatric, orthopaedic, pain management and general rehabilitation

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