

# THRIVE @ PHYSIOSOUTH

At **PHYSIOSOUTH** we offer a comprehensive **THRIVE** program to reduce pain and help you be healthy inside and out

Our specialist **THRIVE** Physiotherapists co-ordinate suitable programs which aim to help you achieve your life goals. The ultimate goal for all the team is improving function and quality of life which is centred around education, movement and coping strategies for managing pain

## THRIVE 1

### A core focus on one on one education

- Setting realistic life goals
- Power of endorphins and 'Movement is Medicine'
- Pacing of activities to reduce spikes of pain (boom/bust model)
- Sleep hygiene
- Nutrition
- Maintaining work/life balance
- Nociceptive versus centralised pain
- Manual handling
- Search for happiness in everyday life
- Logbooks and pain literature including the 'Explain Pain protractometer' or 'Why do I hurt' workbook. Copies available on the program.
- Video clips such as 'Explain pain' in less than 3 minutes

#GOALS

### Functional/graded exercise programs (one or more of the following)

- Hydrotherapy (water based exercise)
- Gym programs where client is supervised in clinic or independent
- Clinic based exercise
- Pilates exercise (one on one or group based)
- Yoga based exercise (one on one or group based)
- Group "piloga" programs
- Independent walking/cycling or other cardio-vascular exercise



### The program may also include one or more of the following:

- Manual therapy including mobilisations and/or massage
- Acupuncture/dry needling to reduce pain
- TENS machines, taping or bracing to reduce pain and improve functional capabilities
- Medication education and where appropriate, referrals to GPs/pharmacist's or pain specialists for medication reviews.
- Supplying information and links to local community exercise- based groups that are age appropriate
- Relaxation training
- Mindfulness training
- Walking/ Running programs

### Group education:

Access to a 6 session program to include education from Physiotherapy, Occupational Therapy and Psychology which includes body awareness and movement information.



## THRIVE 2

Additional support is available for clients whose needs cannot be met under the **THRIVE 1** program. This is often alongside the ongoing support offered in THRIVE 1.

### Pain specialist review

**This will always involve a comprehensive history of the ACC- covered injury. The requirement of the THRIVE 2 allows access to highly competent medical practitioners with post graduate education in pain management who will work with your THRIVE physiotherapist to provide a high standard of care. This may focus on medicines such as:**

- Medicine reconciliations
- Assessing the client's understanding of all their medicines, checking adherence and reasons for non- adherence
- Medications education to support adherence
- Checking the complete regime (pain and non- pain medicines)

A Pain specialist review could also include the following:

- Appropriate medical interventions after assessing the whole client presentation (functional capacity, symptoms and imaging).
- Interventions/injections take place at Radiology departments under x-ray guidance

### Pain Psychology

**Our psychologists have specialised training in chronic pain and provide evidence-based and compassionate support to clients in the THRIVE 2 program. This may include:**

- Goal setting and planning of future activities
- Focus on 'where you are going' rather than 'where you have been'
- Strategies that align with results of your pre- screening pain questionnaire results which will focus on managing stress, anxiety or depression as well as being more self- efficient and less catastrophising when it comes to owning your pain.
- Specialised interventions for PTSD

### Tertiary Services

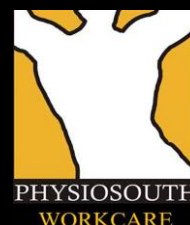
In addition to the above services, there is access to tertiary support service for clinically challenging and complex patients which occurs in the Burwood Hospital Pain Management department.

### In Summary

The overall plan is to return every individual to their usual daily activities, and/or work, or just the highest level of independence achievable.

Collaboration and liaison with other services such as:

- Vocational services (stay at work and back to work programs for clients who are off work)
- Concussion services
- Training for independent services
- Home and community support services
- Elective services for clinical assessment and surgery
- Clinical treatment services such as GP support
- Hospital treatment, such as acute public health services.



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