



WHAT IS THE PATHWAYS TO PAIN MANAGEMENT PROGRAM?

Pathways to Pain Management is a practical online education program that helps you understand why pain persists, what you can do to take back control, and how to manage it. The program is built around a multidisciplinary team (MDT) approach, giving you access to one-on-one support from allied health professionals as you progress.

You'll learn simple, evidence-based strategies to improve sleep, movement, nutrition, stress, confidence, and overall well-being – at your own pace. To help you understand how this applies to you, it's highly recommended that you book the optional consultations with clinicians as you progress through the program. These can be arranged directly from within the online learning modules.

Module	Focus Area	Allied Health Consultation (Optional)
1. Understanding Pain	Pain science, biopsychosocial model, active vs passive care	No consultation required
2. Medications for Pain	Medication types, safety, side effects, deprescribing	Pharmacist
3. Optimising Sleep	Sleep hygiene, relaxation techniques, therapeutic recreation	Sleep Consultant
4. The Mind-Body Connection	Emotions, stress, trauma, mental health, nervous system regulation	Psychologist
5. Nutrition for Pain Management	Anti-inflammatory nutrition, energy, gut health	Nutritionist/Dietitian
6. Reconditioning the Body	Early movement, body awareness, pacing, rebuilding confidence	Physiotherapist
7. Integrating Movement (Function)	Functional goals, daily routines, meaningful activity	Occupational Therapist
8. Integrating Movement (Capacity)	Graded exercise, endurance, strength and confidence in movement	Exercise Physiologist
9. Complementary Physical Therapies	Overview of other physical therapy (e.g. Osteopathy, Tai Chi, massage)	No consultation required
10. Recreation and Vocation	Engaging in meaningful activity, return to leisure, work, or volunteering	No consultation required
11. Procedure-Based Interventions	Overview of common surgical, interventional, or specialist options	No consultation required

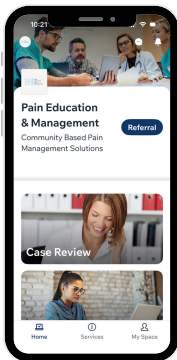


THE REFERRAL PROCESS

Access to the Pathways to Pain Management Program begins with a simple GP referral.

- 1. Referral Form** - Patients either download and print the Pathways to Pain Management Referral Form from the website (<https://www.managepain.au/referral>) before their appointment, or the GP provides the referral using a copy supplied to the practice.
- 2. GP Completion** - During the consultation, the GP confirms suitability, completes, signs, and dates the form, then returns it to the patient.
- 3. Patient Upload** - The patient scans the QR code on the referral form or uses the link on the website to upload the signed form directly.
- 4. Enrolment** - Once received, the patient is automatically enrolled and begins Module 1 of the program - no waitlist.

DOWNLOAD OUR APP



Download our app to keep everything you need in one place – with easy access to your learning materials, services directory, and key contacts, all at your fingertips. Stay connected and quickly find the support you need.

Available on Apple and Android, this app provides simple and secure access wherever you are.



Scan this QR code with your device.



WHY PAIN EDUCATION AND MANAGEMENT?

pain
australia

We are proud that Painaustralia has formally endorsed our pain management program and promotes the Pathways to Pain Management education program as its preferred consumer education option.



Additionally, we are honoured to have received the Pinnacles Pain Sector Award for the Best Multidisciplinary Care Program

WorkCover
QUEENSLAND

WorkCover Queensland approved - your program may be fully funded as part of a WorkCover claim



Pain
Education
and
Management

Contact Us



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