



Pain
Education
and
Management

Persistent Pain - Patient Journey

When pain doesn't go away, what next?



01

01

Why does it still hurt?

Understand why it still hurts and learn practical strategies to start managing it.

02

02

Consultations

Work one-on-one with clinicians to explore your needs and get personalised guidance.

03

03

Assessment & Plan

Our team works together to assess your situation and develop a coordinated plan with your GP.

04

04

Coaching

Receive ongoing support to apply your personalized plan, regain a sense of control and live well with pain.

05

05

Ongoing Support

Access the right mix of services to support long-term progress and maintain your independence.

Explore

Plan

Navigate

WorkCover
QUEENSLAND

painaustralia™
working to prevent and manage pain



Download the app
and get started.

<https://www.managepain.au>

