

# Community-based Chronic Pain Management Program



## Program Costs and Referrals Information

**Please note:** Pain NT is a community-based pain management program and is **not part of the hospital pain clinic**. Therefore, we are not able to give medication review

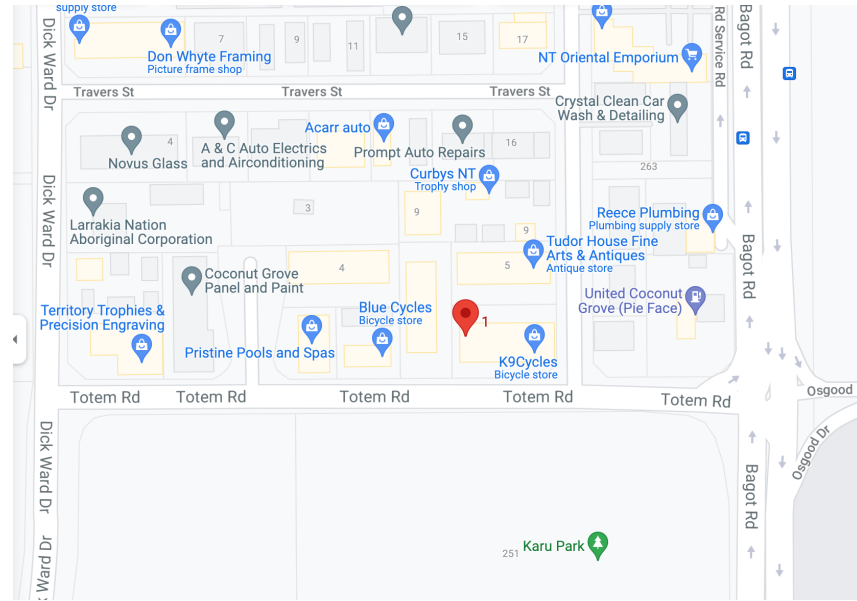
<p><b>Initial Assessment</b></p> <p><i>part of the Low-cost Program</i></p>	<p><b>Initial Assessment with Exercise Physiologist &amp; Psychologist</b></p> <p><b>90 mins</b></p> <p>Intake assessment conducted in partnership by both a qualified Exercise Physiologist and Psychologist to provide individualised advice on chronic pain self-management techniques and access to psycho-social management of Chronic Pain modules on the members' area of our website.</p>	<p><b>Where &amp; When</b></p> <p><u>Exercise Physiology:</u></p> <p><input type="checkbox"/> Custom Made Physio – Fridays only</p> <p><u>Psychology:</u></p> <p><input type="checkbox"/> Custom Made Physio – Fridays only</p> <p><input type="checkbox"/> Telehealth – time that suits</p>	<p><b>Cost</b></p> <p><b>No out-of-pocket fees with the following referrals</b></p> <p><u>Exercise Physiology:</u></p> <p><input type="checkbox"/> EPC</p> <p><u>Psychology:</u></p> <p><input type="checkbox"/> MHCP</p> <p><input type="checkbox"/> STT</p>	<p><b>Out-of-pocket fees Full fee</b></p> <p><u>Initial Assessment:</u></p> <p>\$330</p> <p><i>Concession for healthcare card holders and low-income earners</i></p>
<p><b>Group Exercise Program</b></p> <p><i>part of the Low-cost Program</i></p>	<p><b>Group Exercise with Exercise Physiologist</b></p> <p>Access to small weekly group sessions that will work with the client on improving function and decreasing pain levels.</p> <p><b>Psychology sessions</b></p> <p>In-person or via telehealth – to address things like sleep, mood, stress, reconnection to important life roles.</p>	<p><b>Where &amp; When</b></p> <p><u>Exercise Physiology:</u></p> <p><input type="checkbox"/> Custom Made Physio – Fridays only</p> <p><u>Psychology:</u></p> <p><input type="checkbox"/> Custom Made Physio – Fridays only</p> <p><input type="checkbox"/> Telehealth – time that suits</p>	<p><b>Cost</b></p> <p><b>No out-of-pocket fees with the following referrals</b></p> <p><u>Exercise Physiology:</u></p> <p><input type="checkbox"/> EPC</p> <p><u>Psychology:</u></p> <p><input type="checkbox"/> MHCP</p> <p><input type="checkbox"/> STT</p>	<p><b>Out-of-pocket fees Full fee</b></p> <p><u>Per group:</u></p> <p>\$130</p> <p><i>Concession for healthcare card holders and low-income earners</i></p>
<p><b>Occupational Therapy</b></p>	<p>1:1 session with an Occupational Therapist (OT) to empower clients to get back to the daily life activities they find meaningful.</p>	<p><b>Where &amp; When</b></p> <p><input type="checkbox"/> Industry Health Solutions – time that suits</p>	<p><b>Cost</b></p> <p><b>Full fee</b> \$200</p> <p><i>Eligible for rebate under private health fund</i></p>	
<p><b>Physiotherapy</b></p>	<p>1:1 session with a Physiologist to work with the client on improving function and decreasing pain levels.</p>	<p><b>Where &amp; When</b></p> <p><input type="checkbox"/> Custom Made Physio – Fridays only</p>	<p><b>Cost</b></p> <p><b>Full fee</b> \$200</p> <p><i>Eligible for rebate under private health fund</i></p>	
<p><b>Self-Management Chronic Pain Modules</b></p>	<p>Self-paced learning on basic pain management through Pain NT Online Portal.</p>	<p><b>Where &amp; When</b></p> <p><input type="checkbox"/> [ website ]</p> <p>Pain NT Online Portal – self-manage schedule</p>	<p><b>Cost</b></p> <p><b>Full fee</b> Free</p> <p><i>Eligible for Pain NT patients</i></p>	

## How to get to your appointments

custom made physio 

### Custom Made Physio

1/8 Totem Rd,  
Coconut Grove, NT, 0810



**INDUSTRY HEALTH SOLUTIONS**

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### Industry Health Solutions

6/5 McCourt Rd,  
Yarrowonga, NT, 0830

