

Pain Management Programs

Programs for Adults

New South Wales

- [**ADAPT**](#) An intensive group-based inpatient three-week multidisciplinary treatment program for people with chronic pain, run by the Pain Management Research Institute in Sydney.
- [**Seniors ADAPT**](#) An outpatient program run twice a week over four weeks for people aged 65 and over, run by the Pain Management Research Institute in Sydney.
- [**BPSM Program**](#) (The Brief Pain Self-Management Program) is a group-based outpatient treatment program, run by the Pain Management Research Institute in Sydney.
- [**Back to Life Pain Management Program**](#) A multidisciplinary pain management program conducted by Westmead Hospital, specialising in spinal and musculoskeletal pain.
- [**Osteoarthritis Chronic Care Program**](#) A multidisciplinary pain management program for public patients with knee and hip osteoarthritis in the Northern Beaches area of Sydney. (NSW Health)
- [**Osteoarthritis Chronic Care Program**](#) A multidisciplinary pain management program for public patients on the elective joint replacement list at Royal North Shore Hospital and Ryde Hospital. (NSW Health)
- [**The Hammond Care Greenwich Hospital Pain Program**](#) A multidisciplinary pain management program consisting of three-hour weekly sessions over eight weeks. Includes follow-up sessions for three months.
- [**Mt Wilga Pain Management Program**](#) A multidisciplinary pain management program designed to address the complex needs of people living with pain, focusing on self-management. Runs twice weekly over six weeks.
- [**Delmar Wellness Centre**](#) The Delmar Wellness Centre at Delmar Private Hospital in Sydney offers post-surgical rehabilitation for in-patients and patients not currently treated at the hospital.
- [**Osteoarthritis Management Program**](#) for people with knee and hip osteoarthritis to reduce joint pain and stiffness, conducted by Hunters Hill Private Hospital in Sydney.
- [**REGAIN**](#) An Intensive Integrated Multidisciplinary Group Program that runs for 2 days per week for 8 weeks. Private outpatient program run by the Pain Management team at Sydney Spine & Pain Rehab
- [**Innervate Intensive Pain Program**](#) A multidisciplinary, cognitive behavioural pain management program run by Innervate Pain Management, Newcastle (9am-4pm, three days per week for four weeks, plus three follow-up contacts over six months). Vocational rehabilitation is the priority goal for all participants.
- [**Lawrence Hargrave Private Hospital Pain Management Program**](#) Multidisciplinary pain management program delivered over four weeks, two afternoons per week, based at Thirroul.

Victoria

- [**Network Pain Management Program**](#) A multidisciplinary pain program conducted by Empower Rehab in Melbourne. Includes assessment, case conference and treatment recommendations.

- [Epworth Chronic Pain Program](#) Conducted by Epworth, this program is for people with injuries or pain conditions that result from illness, work injury or road trauma that have not responded to usual rehabilitation.
- [Advance Healthcare Pain Management Program](#) A multidisciplinary pain assessment and treatment program, specialising in rehabilitation from injury.
- [Precision Ascend Pain Management](#) A multidisciplinary pain management program conducted over six weeks, several courses offered each year. Initial appointment within three weeks.
- [Dorset Rehabilitation Centre Pain Rehabilitation Program](#) A multidisciplinary pain management program to teach self-management strategies and improve quality of life. Arthritis Program also available.
- [The Victorian Rehabilitation Centre Pain Management Program](#) A multidisciplinary pain management program offered in both individual and group format to teach self-management strategies and facilitate return-to-work where appropriate.

Queensland

- [Turning Pain into Gain](#) A multidisciplinary pain management program offered by the Gold Coast Primary Health Network. Monthly program for six months as well as assessments, with up to 12 months of support and service access.
- [The Wesley Pain Management Program](#) A multidisciplinary rehabilitation program promoting self-management. It is conducted in small groups of six to eight participants and a variety of program options are offered.
- [QPain Pain Management Programs](#) Multidisciplinary pain management programs to teach patients how to better manage their pain. The main office is based at Kangaroo Point but if you live in a regional area of Queensland, telehealth services may be available to you through QPain.

South Australia

- [The Living Well with Persistent Pain Program](#) A group-based multidisciplinary pain management program with individual pain assessments, run by the Adelaide Primary Health Network.

Tasmania

- [Precision Ascend Pain Management](#) A multidisciplinary pain management program conducted over six weeks in Launceston.

Western Australia

- [Black Swan Health Chronic Pain Program](#) A multidisciplinary pain management program focusing on self-management. Includes two group education sessions, individual clinics and preparation of individual pain management plans.

Online Programs

- [Control My Pain Project](#) - A holistic program to help people with chronic pain, manage & reduce their pain naturally. Participants learn proven strategies for body, mind & social wellbeing - all supported by education on the science of pain. This online program can

be taken at your own pace & offers a moderated support group. There is a minimal cost of \$47.

- **[This Way Up](#)** Australia's first online multidisciplinary pain management program offering participants pain education and strategies from physiotherapy, psychology and other forms of treatment. It is produced and supported by St Vincent's Hospital in Sydney. It requires a referral from a clinician (GP, pain physician, doctor, nurse or allied health professional). There is a minimal cost of \$59 or less.
- **[Virtual Clinic](#)** Self-help online courses for people with anxiety and depression, run by St Vincent's Hospital, Sydney.
- **[eCentre Clinic](#)** Free online courses for people with chronic pain, anxiety or depression, run by Macquarie University.
- **[eCentre Clinic SCI Pain Course](#)**: A free internet-delivered pain education program for people with a spinal cord injury. The eCentre Clinic is a not-for-profit initiative of the Centre for Emotional Health at Macquarie University, Sydney.
- **[Healthy Weight for Life](#)** A weight-loss and pain management program for people with osteoarthritis, offering clinical support online and over the phone. The cost is covered by several private health insurers but you will need a referral from your GP.

Programs for Kids & Teens

Queensland

- **[Pain Management](#)** St Vincent's Private Hospital in Brisbane.
- **[SKIP](#)** SKIP is a community-based program for children under 14 living with pain and their families.

Source – Pain Australia Pain Programs <https://www.painaustralia.org.au/getting-help/pain-services-programs/programs>