



# Pain Management Program

Living Your Best Life

The Mt Wilga Pain Management Program is an interdisciplinary program designed to address the complex needs of people with chronic pain. It is delivered by our experienced team of Physiotherapists, Exercise Physiologists, Psychologists and Occupational Therapists. Our program focusses on self-management techniques and exercises that can assist in managing the impact of pain on daily life and increasing participation in meaningful activity including home, work and leisure.

Combining individualised and group-based interventions, the program seeks to achieve the following goals:

- Challenging fears about activity and fear avoidance
- Managing stress and improving sleep habits
- Pacing, goal setting and engaging in activity
- Combining the benefits of exercise and practical education sessions
- Learning about your own body and how to best manage your movements
- Experiencing the benefits of hydrotherapy and mindfulness

The program is overseen by Dr Glen Sheh, Pain Rehabilitation Physician, who holds qualifications in both Pain Medicine and Rehabilitation. She is experienced in the management of musculoskeletal and neuropathic pain.

## Program Delivery

Running twice weekly morning sessions on Wednesday and Friday over a period of 6 weeks, patient commitment to the program is essential to ensuring successful outcomes. Regular review points are conducted following program completion to ensure maintenance of new skills and behaviours learnt during the program.

## Program Funding Options

Patients who have comprehensive private health insurance and are covered for rehabilitation in their insurance, often will be covered for day program services. Alternatively funding via third party or other compensation schemes is also available. Quotes can be obtained if a patient is self-funded.

## Guidelines for Admission to the Program

- Referral from a GP or Medical Specialist
- Persistent pain experience, regardless of initial diagnosis
- Clearance for exercise and / or hydrotherapy

## How to make a referral

Referrals can be faxed to **02 9847 5089** or call **02 9847 5086** for further information.

### Mt Wilga Private Hospital location map



### Dr Glen Sheh

BHB MBChB FAFRM(RACP) FFPMANZCA

**Consultant Physician in Pain Medicine & Rehabilitation Medicine**

*Dr Glen Sheh is a Consultant Pain Physician and has qualifications in both Pain Medicine and Rehabilitation.*

*Dr She attained her medical degree at The University of Auckland New Zealand and completed her post-graduate training in Rehabilitation Medicine in Sydney. Subsequently she underwent subspecialty training in Pain Medicine at the Concord Repatriation General Hospital.*

*She is the Deputy Director of the Chronic Pain Service, Department of Anaesthesia and Pain Management at Concord Hospital, and has been the Supervisor of Training for the hospital Chronic Pain Service since 2010. She was awarded an Honorary Affiliate at the University of Sydney.*

*She also has other strong commitments to medical education. She was the Deputy Chair of the Education Subcommittee for the Faculty of Rehabilitation Medicine, Royal Australasian College of Physicians. Since 2010, she has been a member of the NSW Regional Committee of the Faculty of Pain Medicine and became an Examiner for the Faculty in 2014.*

*She is experienced in the management of musculoskeletal and neuropathic pain. Her area of special interest includes pharmacology of pain medications, musculoskeletal pain, pelvic pain and geriatric pain. She has an approved accreditation for botulinum toxin injection. She is also an approved Work Cover assessor for Whole Person Impairment (core and musculoskeletal, Spine and Upper Limb).*

### Mt Wilga Private Hospital

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Hornsby NSW 2077

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 **Mt Wilga  
Private Hospital**  
Part of Ramsay Health Care