

About your Specialist Physiotherapy Review

Why have I been referred to Pain Options?

Pain Options are not your everyday physiotherapists. Our Specialist Musculoskeletal Physiotherapists have the expertise to help you with your musculoskeletal pain problem or injury.

We offer a service for people who:

- have a complex problem
- don't have a clear diagnosis
- have tried other treatments without success
- want to optimise their recovery, or
- just don't know where to turn next.

Usually your doctor, treating therapist, or insurance / work representative has

requested Pain Options provide a one-off review of your problem, to provide additional suggestions for management.

We sometimes get asked why you have to travel further and cannot see your local therapist ... it's because we provide a specialist service that is usually not available closer to home.

Our Specialist Physiotherapists are widely regarded by physiotherapists and other health professionals around Australia as leaders in their field.

What will happen at my appointment?

You will typically be booked for a one-hour consultation, where you will get the opportunity to discuss your problem in a friendly and confidential environment.

Our review includes a comprehensive clinical examination to establish:

- an evidence informed diagnosis
- a comprehensive list of factors contributing your problem and
- a detailed management plan.

How to prepare for your visit

- Make a list of concerns / questions.
- Bring any test and scan results
- Consider bringing a partner or other support person if you like
- Your treating therapist is also welcome to attend - if you choose
- Wear clothes you are comfortable in. It is helpful if we can see the area where your problem is.

What happens next?

After your appointment we will send a report to your referrer. You will also receive a copy of your report.

Our reviews are designed to offer practical solutions to help your recovery.

Next steps may include treatment coordination and communication with someone you are already seeing. Some people continue a program at Pain Options with our Senior Physiotherapists.

Our solutions are tailored to your needs.