

Dr Rowena Field

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STEPP
solutions, tools & education
for persistent pain

Physiotherapy services for chronic pain patients

Not every patient is ready—or able—to commit to an extensive multidisciplinary pain management program such as STEPP. While the STEPP program remains available for those needing comprehensive structured pain education and psychological support, **Dr Rowena Field** is now offering standalone physiotherapy consults for **chronic pain patients** looking for:

- ✓ Expert pain management
- ✓ One-on-one sessions focused on education, movement, and function
- ✓ Support from a practitioner trained in the latest neuroscience-based pain strategies
- ✓ A **different approach** to passive 'hands-on' therapies

Who is this for?

- ✓ Patients with chronic or persistent pain (*this is **not** for acute or sub-acute injuries or pain presentations*)
- ✓ Patients who have had extensive other 'hands-on' treatment with little progress
- ✓ Patients seeking education, reassurance, and practical strategies
- ✓ Suitable as an early intervention or stand-alone option for patients who are experiencing recurrent pain episodes that are becoming frequent and are *at risk* of becoming chronic

What is involved?

1. Initial assessment of relevant factors in the pain experience that are potentially modifiable.
2. Pain neuroscience education to address misconceptions and enhance understanding of chronic pain mechanisms.
3. Practical applications and lifestyle modification to assist in pain management, as well assisting the individual the individual to problem-solve active recovery strategies.
4. Graded exposure to movement and activity to reduce fear-avoidance behaviours and improve function.
5. Review and modification of lifestyle factors (such as sleep and diet) that impact pain outcomes

Costs:

- Private rates are initial consultation (45 mins) \$150, subsequent consultations (30 mins) \$100.
- Rebates available from health insurance
- Medicare rebate (approx. \$62 for up to 5 sessions with appropriate referral through Chronic Disease management CDM 10960 under a GP management plan)
- Direct billing available for Workers Compensation (referral must be noted in the management section of the certificate of capacity), DVA & Comcare with an appropriate referral

Location:

- Rear office, 66B Collins St, Kiama NSW 2533



Link to referral form: <http://bit.ly/4eYFye2>

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