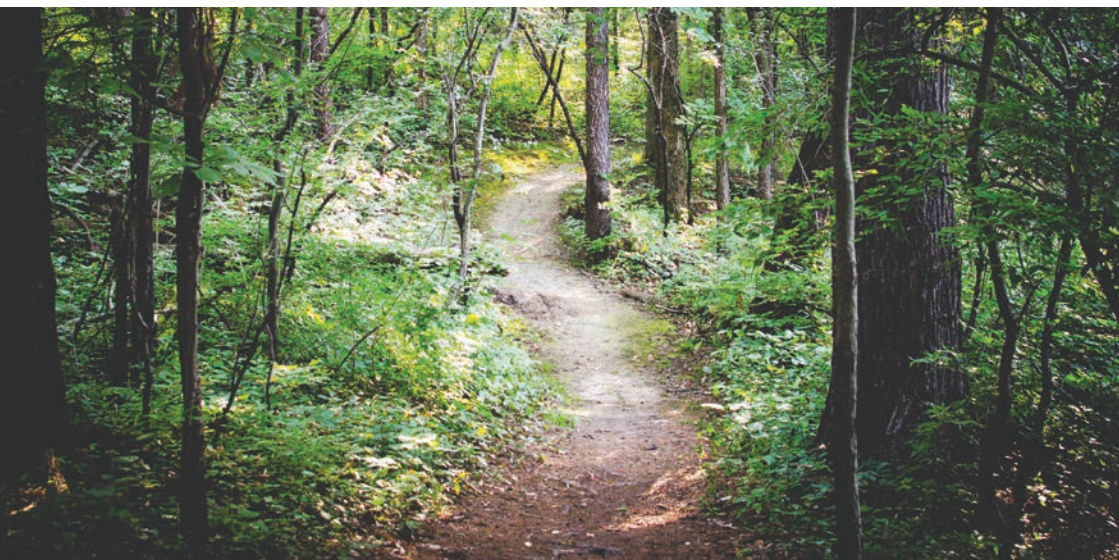


CHRONIC PAIN REHABILITATION

Discover the path to living your best life, despite pain



SIX-WEEK PAIN MANAGEMENT GROUP INTERVENTION

facilitated by Donn  Nel (Occupational Therapist), using the **Patient Education Empowerment Program ** to explore chronic pain management.

- 1 *Pain Neuroscience Education*
- 2 *The Benefits of Exercise*
- 3 *Stress Management and Sleep*
- 4 *Healthy Lifestyle and Nutrition*
- 5 *Understanding Medication*
- 6 *Effective Self-Management*



DONN  NEL
OCCUPATIONAL
THERAPY
MIND BODY FUNCTION

WEEKLY TWO-HOUR GROUP SESSIONS (FOR SIX WEEKS) AT
INTEGRATION HOUSE, 5 HARRIERS ROAD, MOWBRAY, CAPE TOWN.

About the Chronic Pain Rehabilitation Program



1. Which patients can benefit?

Adults of all ages who have been diagnosed with any chronic pain condition, auto-immune disease or central sensitisation syndrome.

2. What does the program include?

You will attend an initial individual consultation with Donn  Nel, Occupational Therapist, to understand your current level of function and identify specific goals. This will include collaboration with your current treating health professionals to optimise interdisciplinary intervention. You will have an opportunity to attend the group program, which requires that you commit to two-hour group sessions, once a week, for six weeks.

3. What is the cost of chronic pain rehabilitation?

The practice charges medical-aid rates for individual Occupational Therapy and group sessions, with the option of direct submission to your medical aid. The cost depends on your specific treatment plan and the tariffs of your medical aid. The group sessions are approximately R220.00 to R240.00 per two-hour session.

4. How do I get referred for chronic pain rehabilitation?

You will require a referral from your treating health professional to Donn  Nel Occupational Therapy. The specific form can be accessed online at www.mindbodyfunction.co.za. Contact Donn  via email (ot@mindbodyfunction.co.za) to book an initial consultation and to find out more about the program.



About Donn  Nel Occupational Therapy

Donn  Nel is an Occupational Therapist who has a passion for working with adults to help them achieve optimal mind-body function, and facilitates the recovery of their physical and psychological wellbeing through the engagement in valued activity to fulfil life roles. Donn  Nel Occupational Therapy offers a client-centred approach with the aim of helping people to live a meaningful life, and to achieve their individual goals, despite illness or injury.

Donn  has developed an interest in chronic pain intervention, and furthered her knowledge by obtaining a Certificate in Pain Management. Occupational Therapy intervention is focused on optimising function, facilitating return to work and improving overall quality of life.