



Tailored Education and Training Workshops  
**Understanding Pain**

Pain is complex. Employees with a strong understanding of pain experience more positive recovery, return to work and pre injury duties outcomes.

Empowering employees with pain education can also benefit workplaces by minimising fear avoidance at work and contributing to a reduction in absenteeism.

Our OccHealth team of allied health professionals, based across Australia, have years of experience providing treatment services and functional upgrading programs for workers compensation, insurance and health fund customers.

This has enabled us to identify gaps in employee knowledge of pain and develop a workshop to improve their understanding and rehabilitation outcomes.

**With Pain Explained, Employees:**

- Worry less each time they experience pain
- Visit their doctor less frequently and take fewer days off work
- Focus less on pain and are less fearful of pain worsening
- Increase their activity promoting better long term health outcomes

**Our workshops aim to support employees to react to and manage pain in a way that promotes their recovery. We cover:**

- An **understanding** of pain and the role deconditioning plays.
- The negative **impacts** of an over-reliance on passive coping strategies.
- The importance of **activity** despite pain.
- Common **misconceptions** around the neuroscience of pain.
- The difference between **good and bad pain** and the role external influences can have on the part of the brain that controls pain.
- Positive pain management strategies such as **tailored activity** programs as opposed to non-specific home exercise.
- Working through pain, pain focus and **minimising** fear avoidance.
- **Awareness** of manual handling techniques **specific** to a workplace.
- **Relatable** case studies with group activities to build understanding of pain management

Research shows people start losing strength 24 hours after an injury and, depending on how active they were, can lose 30-40% of their strength in 5-6 weeks.

Resting, or a reduction in activity, leads to weakness and deconditioning which reduces the body's tolerance for load, or activity. When performing activities repetitively such as sitting, standing and walking, muscles will fatigue or overload a lot quicker. Muscles may tighten causing compression around joints, inflammation, irritation and pain.

## A Positive Approach

The words used by doctors such as degeneration, disc bulge, slipped disc and tears can frighten and confuse employees facing rehabilitation. There is good evidence that pathological tendons and muscles can tolerate loads, especially when you gradually increase the loads on them.

Our positive, empowering workshops promote the adage "the only way to get back to normal is by doing normal things".

We understand there are no short cuts with rehabilitation and that most injuries heal as well as they can in 3-6 months but it can't replace the strength, fitness and flexibility lost during recovery – it is up to the individual to work on that through graded activity, an awareness of pain, a positive mindset and strategies to better manage pain.

At Altius Group our allied health professionals have a solid understanding of how to engage with employees to build and sustain healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our strong connections within the industry, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the **lifecycle of their people's employment.**



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**OccHealth**  
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