



## THE GOALS OF PRECISION ASCEND

Precision Ascend is designed to provide the knowledge and skills to manage persistent pain in the best way possible. Persistent pain (pain present for more than 3 months or beyond the time of usual healing) is a complex condition, with a range of physical and psychological factors which are at play. A simple, one-strategy approach is therefore unlikely to be successful.

## OUR STRATEGIES INCLUDE:

**UNDERSTANDING AND ACCEPTANCE** Understanding that pain often has no cure, and instead focusing on living a meaningful life despite the pain, can be a useful step in recovery.

**SELF-ASSURANCE** In most cases, persistent pain does not signal more damage, but rather it often intensifies when the body becomes inactive in the long-term, or when the brain responds to normal activities by experiencing pain (central sensitisation). Responding to pain with inactivity and fear is counter-productive, and participants will learn how to overcome this response.

**REDUCING YOUR MEDICATIONS** Whilst pain medications usually play an important role in the treatment of pain in the short-term, long-term usage is associated with a myriad of problems including side effects, medication interactions, and even addiction. Reducing or ceasing medications is an important goal of Precision Ascend. In addition to providing a clinical benefit, this helps to reduce the long-term costs of treatment over the mind and body, and improve quality of life.



**LEARNING SKILLS TO LEAD A NORMAL LIFE** Changing their approach to daily life, by pacing, taking regular breaks, and undertaking more strenuous activities in a step-by-step fashion allows individuals to do most things they need to without aggravating their pain.

**KEEPING FIT AND HEALTHY** Getting their body into shape is just as important as getting their mind on the right track. Precision Ascend will assist clients to adopt a healthy lifestyle, including diet and exercise strategies. By keeping active, pain should become more manageable.

**GETTING BACK TO WORK** The financial, psychological and social benefits of finding a suitable job are enormous. Where a return to work is a realistic goal, Precision Ascend will provide strategies and assistance to make this a reality. Helping individuals to overcome their fear of activity is a critical part of this strategy.

**DEALING WITH DEPRESSION** Depression makes the experience of pain more intense, and makes living with pain more difficult. Dealing with depression is an important part of the Precision Ascend approach.



## WHAT IS PRECISION ASCEND?

Precision Ascend is a 6 week, part time program for people whose pain is having a significant impact on their life. It runs from one of our multiple program locations in Victoria. Please contact Precision Ascend for further information regarding specific locations.

## INDIVIDUALS WHO MAY BE SUITABLE TO PARTICIPATE INCLUDE THOSE WITH:

- Significant pain for at least 3 months
- Pain interfering with daily activities, quality of life, or ability to work



Precision Ascend is run in a small group of 6-10 people, facilitated by a multidisciplinary team.

Those who live near program sites can travel to and from home each day of the program. The aim is to treat the program as a part time job, an important step towards ultimately returning to the workforce. Those from regional areas or interstate can stay in nearby accommodation during the 6 weeks. We can provide details of local, cost-effective accommodation on request with the support of their insurer.

Once the program is finished, we will review participants twice thereafter. Firstly, at 4-8 weeks and then 26-30 weeks post program.

## OUR TEAM INCLUDES:

- Registered nurses
- Physiotherapists
- Psychologists
- Pain specialists

## A TYPICAL DAY AT PRECISION ASCEND...

Starts with pain management skills training, stretching and then morning tea. Education about pain medications may lead into exercise and physiotherapy, before lunch. The afternoon might begin with more pain management skills, relaxation training, and finish with goal setting.

## ENROLLING IN PRECISION ASCEND?

A referral from a GP, Specialist, Physiotherapist or Psychologist is needed. To be accepted for Precision Ascend, certain criteria must be met. Suitability is assessed by our team, including a Pain Specialist, Psychologist, and Physiotherapist, and discussed at our multidisciplinary meeting. The main admission criteria are:

- Pain for more than 3 months
- Clear and attainable goals
- Willingness and ability to attend and participate from 9-5pm twice a week for 6 weeks
- Significant disability or distress from pain
- No primary drug or alcohol problem



## HOW TO REFER TO PRECISION ASCEND?

Access our online referral form at [www.precisionascend.com.au](http://www.precisionascend.com.au), or see our contact details below.

Victoria | T: 03 8862 0062 | F: 03 9816 8564 | [www.precisionascend.com.au](http://www.precisionascend.com.au) | [info@precisionascend.com.au](mailto:info@precisionascend.com.au)