



Persistent Pain Physiotherapy

Appointment Types & Pricing

Initial Consultation	Fee
(500) Persistent Pain Initial Consultation (60minutes)	\$230

Review Consultation	Fee
(505) Persistent Pain Review Consultation (30minutes)	\$120

A review consultation is suitable for a current pain presentation where you have had an initial appointment for the same presentation in the past 12 months.

Telehealth

We want to ensure that evidence based pain care is accessible to anyone. If are not able to travel into the clinic for a face to face appointment. We are available via Telehealth anywhere in Australia.

This is also an option for review appointments.

How can we help?

This appointment is best suited for patients who are experiencing ongoing persistent pain presentations.

Our service works to provide an understanding of your pain condition, its management and treatment options based on contemporary pain science.

We truly understand the complex interaction of biological, psychological, and social factors contributing to the experience of pain and overall health and wellbeing.

Together we will create a person centred, holistic and sustainable management plan for recovery.

Pain Physiotherapist, Jessica will coordinate with your other treating providers and will advocate for other interventions that may be appropriate to be included.

You are welcome to attend these appointments alone, however we also encourage you to bring a support person with you who may also assist in the management of your presentation in day to day life. For example this may be a family member or friend who you feel comfortable with.

About the appointment

This appointment will be different to previous physiotherapy appointments you have experienced, as we seek to understand and work collaboratively with you and your other healthcare providers to address all of the factors contributing to your pain - not just the body tissues.

Our experienced pain Physiotherapist, Jessica, works in a holistic, trauma-informed manner allowing 60 minutes for an initial pain consultation.

This ensures enough space is available to fully understand your personal journey with pain, previous treatments and the impact it is having on your life.

Persistent pain conditions that we treat include (but are not limited to):

- Chronic low back Pain
- Non specific persistent pain
- Fibromyalgia
- Chronic fatigue syndrome
- Headaches
- Whiplash associated disorders
- Rheumatoid arthritis
- Other inflammatory conditions
- Osteoarthritis
- Endometriosis & Adenomyosis
- Pelvic Pain



Jessica Fishburn

Pain & Pelvic Health Physiotherapist

B.HSc. M.PhysioPrac. PostGradCert PainSc&Edu
WHTA (Pelvic Floor, OAB, POP/SUI, Pain, Bowels,
Trauma and MKS & Exercise)

Jessica is a senior pelvic floor and pain physiotherapist with advanced training in pelvic pain conditions including endometriosis and general persistent pain presentations.

Jessica is also a Local Pain Educator with Pain Revolution. A not-for-profit health education initiative through University of South Australia. Through this, Jessica runs the South West Victoria Local Pain Collective - helping up-skill our local GP's and Health Professionals on the latest evidence with Pain Science and Pain Education.



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