



Multidisciplinary Pain Management Program Timetable

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 of 2	8.00 – 8.30	Orientation/Welcome	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	8.30 – 9.00	Orientation/Welcome	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	9.00 – 9.30	Psychology Group Ed	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	9.30 – 10.00	Psychology Group Ed	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	10.00 – 10.30	Psychology Group Ed	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	10.30 – 11.00	Psychology Group Ed	Physiotherapy Group Ed	Exercise Group Ed	Psychology Group Ed	OT Group Ed
	11.00 – 11.30	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session
	11.30 – 12.00	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session
	12.00 – 12.30	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session
	12.30 – 1.00	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session
	1.00 – 1.30	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session
	1.30 – 2.00	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session
	2.00 – 2.30	1:1 consultation	1:1 consultation	1:1 consultation	1:1 consultation	1:1 consultation
	2.30 – 3.00	1:1 consultation	1:1 consultation	1:1 consultation	1:1 consultation	1:1 consultation

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 of 2	8.00 – 8.30	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Team meeting / breakfast
	8.30 – 9.00	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Team meeting / breakfast
	9.00 – 9.30	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Team meeting / breakfast
	9.30 – 10.00	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Team meeting / breakfast
	10.00 – 10.30	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Psychology Group Ed
	10.30 – 11.00	Psychology Group Ed	Physiotherapy Group Ed	OT Group Ed	Exercise Group Ed	Psychology Group Ed
	11.00 – 11.30	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Psychology Group Ed
	11.30 – 12.00	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Lunch / 1:1 session	Psychology Group Ed
	12.00 – 12.30	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Reassessments	Psychology Group Ed
	12.30 – 1.00	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Reassessments	Psychology Group Ed
	1.00 – 1.30	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Reassessments	
	1.30 – 2.00	Pool / Gym Session	Pool / Gym Session	Pool / Gym Session	Reassessments	
	2.00 – 2.30	1:1 consultation	1:1 consultation	1:1 consultation	Reassessments	
	2.30 – 3.00	1:1 consultation	1:1 consultation	1:1 consultation	Reassessments	