

# VR Pain Recovery

Using virtual reality therapy to combat chronic pain



APM WorkCare's VR Pain Recovery program uses real science and evidence-based techniques to deliver real results for workers living with pain.



Developed with clinical neurosciences and chronic pain expert, Professor Lorimer Moseley, the program is designed to help any worker, including those with:



Pain or perceptions of pain as a return-to-work barrier



Psychosocial factors impacting recovery



Long-term pain concerns

APM WorkCare can support injured workers to achieve the best outcomes through engaging virtual reality activities that keep them motivated and focused on a successful recovery.

# Full immersive experiences

Psychosocial risk management is provided as a value-add across all APM WorkCare cases. We aim to resolve these using APM's winning app, APMiQ Life Index.

## Education modules

Provide workers with a deeper understanding of their pain and the principles of neuroplasticity. This is combined with psychosocial risk management and education.

## Movement modules

Workers can use neuroscience techniques to optimise graded movement and loading.

## Neurological modules

The module retrains how a worker thinks about pain by altering sensory inputs during movement and loading to create and consolidate neural pathways that can lead to less pain.

## Introducing VR Pain Recovery to injured workers

Not sure how to guide your client to try the program? Try our quick outline:

- 1 "Chronic pain is a serious issue for many people who have suffered an injury, and I can see the impact it's having on you and your ability to move safely and do the things you enjoy."
- 2 "I have trialled this program myself, and I think it would help you."
- 3 "It is safe and non-evasive, designed by a clinical neuroscientist and pain expert who uses modern science and virtual reality technology to address how your brain responds to pain."



## Program details

- ✓ Total of nine hours (plus travel) over six weeks if completed in full. VR costs are \$900 per participant
- ✓ Early intervention for recent injuries (within 12 weeks)
- ✓ Program can be before or as part of a worker's recovery program
- ✓ Provided by APM WorkCare in the workers' home – including VR software, headset use
- ✓ Can add a Medical Case Conference at conclusion to facilitate any upgrades to functional capacity established via a mini-functional capacity evaluation

Get real outcomes today, email your referrals to:  
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