

# {Pain}Train

Make it through your pain journey

Test ride  
{P}T FREE  
FOR 1  
MONTH



"I have just started to use {Pain}Train after 2½ years of telling my story to multiple healthcare providers. I like the format as it allows me to express my issues in an organised manner."

– Frances Jolly

Patient journey

show:

- Feb. '15 ● Anne Violet, Physiotherapy
- Oct '14 ● Professor Theo Yellow, Nerve block/treatment
- Sep '14 ● Dr P Black, Acupuncture
- Jul '14 ● [Test-x-ray.png](#)
- Jun '14 ● Dr M Red, Psychology
- Jun '11 ● [Clinical letter 20/6/11.pdf](#)

# {Pain}Train

Encouraging patient self-management,  
helping restore independence and confidence

## Patients can:

- record and store information about their pain and its impact
- easily share that information with medical practitioners, carers, etc.
- be sure their records are safe.

## Practitioners can:

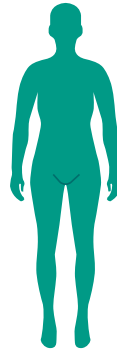
- easily access the patient's medical information, even before an appointment
- see how their patient is managing 24/7.

## Health issue 1

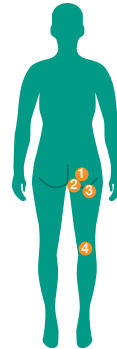
Select what it feels like in each area

- |            |   |
|------------|---|
| - + Area 1 | <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| - + Area 2 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> |
| - + Area 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> |
| - + Area 4 | <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Front



Back



Test ride  
{P}T FREE  
FOR 1  
MONTH

**"...very easy to  
read format for the  
practitioner to get a  
'snapshot' of the  
patient in just a few  
moments."**

– Karen Liberi MS, MPT,  
WCS Director of Rehab at  
NWO Center for Pelvic  
Rehab and Wellness



Empowering people in pain

[www.pain-train.com.au](http://www.pain-train.com.au)