

PGAP ASSESSMENT & PROGRAM



Rocket Rehab prides itself as an organisation equipped with Experienced Consultants possessing up to date knowledge with new evidenced based practices.

PGAP is a newly developed evidence-based program that aims to prevent or reduce the severity of disability associated with musculoskeletal conditions, depression, and other chronic health conditions or injuries. It aims to reduce psychosocial barriers to rehabilitation, promote re-integration into activities, increase quality of life and facilitate return to work.

Our trained Rocket Rehab allied health professionals support clients to achieve goals through targeted treatment of psychosocial risk factors, structured activity scheduling, graded-activity involvement, goal-setting, problem solving and motivational enhancement.

PGAP is a standardised community-based intervention delivered by allied health professionals to complement existing clinical services for the treatment of both mental and physical health conditions.

The program has been designed so that it can be provided by clinicians from a variety of disciplines, not just those with a background in mental health. Rocket Rehab allied health professionals have received specialised training and qualifications in the delivery of PGAP.

OUR ROCKET REHAB CONSULTANTS ARE SKILLED AT IDENTIFYING AND OVERCOMING PSYCHOSOCIAL BARRIERS IMPACTING ON CAPACITY TO WORK – SUCH AS CATASTROPHISING, SYMPTOM EXACERBATION FEARS, PERCEIVED DISABILITY AND PERCEPTIONS OF INJUSTICE.

PGAP PROGRAM INCLUDES:

- Initial Assessment
- Development of a tailored Program combining:
 - Cognitive-behavioural techniques such as thought-monitoring and reappraisal.
 - Behavioural techniques such as graded exposure and goal setting.
 - Relational techniques such as disclosure and validation.
- Objective measures are administered and reported to clearly monitor the progress of those participating in the program.
- Reporting to all parties to assist with facilitation of an upgrade in capacity as progress is made.

Recent clinical trials have supported the use of PGAP as a cost effective intervention for the management of disability associated with persistent pain. One study showed participation in PGAP increased the probability of return to work following whiplash injury by more than 50%.[†]

[†]PGAP, University Centre for Research on Pain and Disability, Canada.