A Pain Revolution is riding into rural and regional Australia

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The Pain Revolution is once again hitting the road with the aim of ‘breaking the cycle’ of chronic pain for Australians in regional locations across the country. From 7-14 March, the fourth annual Pain Revolution Rural Outreach Tour will be cycling across regional Victoria to provide residents with access to the latest information and support to prevent and overcome persisting pain.

Chronic pain affects 3.37 million Australians, yet less than 10% receive the help they need to recover. Those living in regional and rural areas are significantly more likely to be affected by persisting pain than those in urban centres, yet access to practitioners is far more limited.

The Pain Revolution—a collective of researchers, clinicians, consumers and peak bodies—aims to change these statistics by embarking once again on the annual rural outreach tour; a 7-day gruelling cycling event which this year will travel from Geelong to Wangaratta. At each stop, seminars will be presented to members of the public as well as health professionals, to share insights about the latest breakthroughs in pain science and how these can inform best practice pain management.

Leading the revolution will be Professor Lorimer Moseley, a world-renowned pain scientist, educator and clinician. Professor Moseley hopes to revolutionise the way people with persistent pain are managed, saying “We’ve long recognised the massive burden chronic pain has on the regional community. However, when it comes to management, there is a better way”.

“The vision of the Pain Revolution is that every Australian will have access to the necessary resources, understanding and knowledge to prevent or overcome persistent pain; locally.”

The Pain Revolution riders will be accompanied by The Brain Bus, a traveling learning laboratory which provides interactive pain science education using illusions and virtual reality.

Lauren Cannell, a police officer based in Tasmania, will also be joining this year’s revolution. Having suffered from persistent pain following a number of health-related events, Lauren became convinced that her body was ‘broken’, and that she would never return to living a normal life. Lauren said “I went from running marathons to essentially being scared to walk to my car. I got lost in that pain, and it got to the point that I felt that my life had no value.”

In 2019, when the Pain Revolution riders arrived in Tasmania, Lauren’s life changed. A local pain educator spoke to Lauren about her pain, helping her to understand her history and how that was informing her current pain. While coming to understand her pain was a confronting and lengthy experience, Lauren is now medication-free, back at work, and moving in a forward direction.

Pain Revolution will be offering full scholarships to regional/rural Victorian clinicians to become Local Pain Educators. The Local Pain Educator Program provides comprehensive training, mentoring and
resources for local health professionals to develop sustainable pain management strategies and deliver pain education within their communities. Scholarships are currently open to clinicians in Western Victoria, Wellington and East Gippsland.

The Rural Outreach Tour events are free for both the general public and health professionals. Bookings can be made via the webpage www.painrevolution.org/events. The tour is visiting Geelong (March 6), Frankston (March 8), Wonthaggi (March 9), Traralgon (March 10), Sale (March 11 - am), Bairnsdale (March 11 – pm), Orbost (March 12), Omeo (March 13 - am), Bright (March 13 – pm) and Wangaratta (March 14).

Further details about the ride and its journey can be found here.

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Professor Lorimer Moseley and Lauren Cannell are available for interview or further comment.

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