

Bounce back stronger after injury

Are you still feeling the impact of a motor vehicle crash weeks, months, or even years later? Recovery isn't always straightforward. We're here to help.

MoreGoodDays® is a simple, science-based program that helps you manage your pain, feel better, and improve your chances of making a full recovery – all from the comfort of your home.

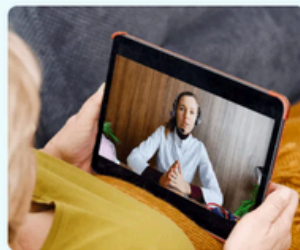


What 's included in the program?



Digital Education

Go at your own pace through bite-sized, 10-minute sessions on our mobile app. Each session is built on proven, science-backed methods to reduce pain and improve your quality of life.



1-on-1 expert guidance

Qualified allied health professionals who are experts in pain and recovery provide guidance and coaching to address your specific needs through six 1-on-1 sessions via video call.



Personalised program

Your program will be completely tailored to your pain type, needs, goals and abilities. Your support team will work closely with you to continually update this based on your progress.

Our program brings you insights from leading experts in persistent pain



Prof Lorimer Moseley, AO
World-renowned leading clinical pain scientist & educator



Prof Manuela Ferreira
Expert in MSK injury | Head of MSK Health @ George Institute



Dr Ilonka Meyer
Pain Specialist Doctor and Lead Specialist @ Austin Health



Prof Ian Harris, AM
Orthopaedic Surgeon, Researcher, Educator & Author @ UNSW



How to get started ➔

Visit www.moregooddays.com/allianzctp to learn more and book a free, no-obligation call

80%

of clients report significant improvement in pain experience

76%

of clients report significant improvement in mental & emotional health