

FACT SHEET

The Peke Waihanga Integrated Pain Service



How we can help

Around one in three people who have had an amputation experience ongoing pain – in their residual limb, phantom limb, or both.

The Peke Waihangā Integrated Pain Service is designed specifically for amputees, by clinicians who understand the challenges that can come with pain after amputation. This is a free service for Peke Waihangā patients.

We can help with:

- Any ongoing pain you are experiencing. This includes pain in the part of your limb that remains and phantom limb pain
- Providing a pain medication review
- Pre-amputation pain assessment
- Creating a treatment plan that is right for you
- Ways to manage your pain, such as helping your limb become less sensitive to touch, and gradually increasing your movement and activities
- Closely collaborating with your Peke Waihangā rehabilitation and artificial limb team

What to expect

You will have an appointment with a Rehabilitation and Pain Medicine Specialist.

This is an opportunity for you to talk about your pain, how your pain affects your everyday life and your goals.

We offer face-to-face and telehealth appointments across Aotearoa.

Together, we'll build a plan that helps you manage your pain and return to the things that matter to you.

Getting started

Speak to your Peke Waihangā clinical team or prosthetist about a referral.

Appointments are available at your nearest Artificial Limb Service centre or via telehealth.



For more helpful resources, please visit our website: www.pw.co.nz/resources.

Artificial Limb Service locations

Auckland

7 Horopito Street,
Mount Eden,
Auckland 1024

 0508 630 630

 auckland@nzals.co.nz

Hamilton

222 Pembroke Street,
Waikato Hospital
Hamilton 3204

 0508 838 838

✉ hamilton@nzals.co.nz

Tauranga

160 Fraser Street,
Tauranga 3112

 0508 434 434

✉ tauranga@nzals.co.nz

Nelson

17 Bishopdale Avenue,
Bishopdale, Nelson 7011

 0508 725 482

✉ nelson@nzals.co.nz

Wellington

42-46 Mein Street,
Newtown,
Wellington 6021

 0508 389 389

✉ wellington@nzals.co.nz

Christchurch

330 Burwood Road,
Christchurch 8083

 0508 383 383

✉ christchurch@nzals.co.nz

Dunedin

464 Cumberland Street,
Dunedin 9016

 0508 474 474

✉ dunedin@nzals.co.nz

Peke Waihanga National Office

 (04) 385 9410

✉ info@nzals.co.nz

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Learn more about Peke Waihanga

 www.pw.co.nz

 www.peersupport.nz

Peke Waihanga

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