

myIPRSHealth.com is a health and wellbeing portal created to empower patients into having the ability to successfully self manage their pain.

We live in a world of unlimited information so here at IPRS Health we wanted to create a space where patients could go for trusted, up to date, evidence based advice.

We have tried to break down the information into regular blogs, written clinical advice, webinars and a podcast. So, however you like to consume information, whether that is through reading, watching or listening there will be something on the platform for you.



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Supporting occupational health
and wellbeing professionals

The portal is designed to be as interactive as possible with a body map that can help direct you to information on common injuries in that area. There are also sections on pain as well as information specific to the workplace.

We also understand at IPRS Health that your wellbeing is not unidimensional. This is why we also have sections on mental health and wellbeing. You can find information and signposting on everything from shoulder pain, to stress, to sleep and nutrition.

We have designed the site as a one stop shop for your health advice, written and designed by experienced healthcare professionals for information you can trust!

