

Pain Management Programme:

You may be invited to our Pain management Programme. This is a 6 week course held at the Vale Centre on Tuesday morning (10:00-12:00) or Tuesday afternoon (13:30-15:30)

The course will aim to help you manage your pain by understanding what chronic pain is , and how it can be helped or increased by a variety of everyday factors. We look at pacing, sleep cycles, stress management and activity .You will have access to the Pain Pharmacist throughout the course

Each week will include relaxation practices, information about pain management, and a gentle stretching or exercise session.

The course will be supported by handouts and recorded relaxation practices



Moving on:

At the end of your Pain management Physiotherapy sessions we will provide guidance and support on helpful next steps . We will do our best to find activities that fit with your goals and interests, so that you can maintain any benefits gained from the service at Oak View.

Useful resources to help you manage pain and stress

<https://www.paindata.org/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://www.paintoolkit.org/resources/for-patients>

<http://painconcern.org.uk/>

<https://www.movingintobalance.co.uk/>

<http://www.bemindfulonline.com/>

<http://www.lttf.com/> 'Living life to the full'

<http://www.beatingtheblues.co.uk/>

Pain Management Physiotherapy



**OAKVIEW PRACTICE
VALE CENTRE FOR
HEALTH AND CARE.**

What to expect from your Pain Management Physiotherapist

The Pain Management Physiotherapist will ask you specific questions about your pain as well as taking a 'whole person' approach to your health and well being. Our aim will be to support you in the management of your pain to help you cope better and do more of what you enjoy.

What we do:

We hope to work with you to support your well-being as a whole and look at solutions to help you:

Manage your energy well to reduce the impact of pain and fatigue

Move as freely ,and as much as possible ,for all the benefits that will bring

Help you increase your levels of activity

Address the issue of your pain in the most appropriate way

Look at lifestyle issues such as coping with stress and managing your sleep patterns

We will take some time to get to know you and understand the demands of your life.



After this we can help you set some realistic goals and decide on how to work towards them. We can help you to decide where to begin to make some manageable and helpful changes in order to build better health and do more of what you enjoy

What we don't do:

If you have a new and unfamiliar episode of pain this is best dealt with by a specialist Musculo-Skeletal Physiotherapist who will assess and treat that specific issue. You can self refer to this service through your GP practice.

Although hands on therapies can provide some relief for long term pain issues the effect is generally only short term.

The most significant benefits come from the skilful changes you can make to your lifestyle and coping strategies, and this is the focus and aim of Pain Management Physiotherapy

We look forward to helping you manage your pain better, so that you can do more of what you enjoy.



What Happens next:-

Your GP has referred you for Pain Management Physiotherapy. He has also asked you to book a session at the Pain Education session which are delivered in The Vale Centre on the first Monday and third Thursday of each month. Please phone 0300 323 9966 to book a place .

You will also receive a letter asking you to phone to make an appointment with the Physiotherapist.

Your Physiotherapy appointments:

Your first appointment will last for up to an hour. You don't need to wear sports gear! We will look at the issues that affect your pain and create a self management plan with you.

We may offer you another one to one appointment , a place on our Pain management programme, or a combination of both.

