

The Role of the Physiotherapist
in the
Pain Management Service

"Why do we have a physiotherapist in the Pain Management Service?"

Physiotherapy has a key role to help people manage their persistent pain. The physiotherapist in the Pain Management Service understands that your pain is very real. We recognise that persistent pain can be horrible and can have a major effect on your life- including social and working life, family relationships and on your emotions and mood levels.

We work closely with the other members of the Pain Management Team – Consultant Anaesthetists, Clinical Psychologists, Nurse Specialists and Occupational Therapists.

Your first Physiotherapy appointment:
"How long will it take?"

The purpose of the first appointment is to find out all about you and how living with pain affects your life. This takes time so, you may not be examined on your first visit. You are of course welcome to bring someone with you if you would like.

You may be asked to fill in questionnaires either at home or at the clinic. The physiotherapist will help you with these if you need assistance completing them.

"I have tried physiotherapy before. Will this physiotherapy be different?"

Yes it will!

You may find the physiotherapist initially does more listening/talking than doing.

We do appreciate that you may have seen many health professionals about your pain and you may question why you have been referred to see another one. We offer a package of care based on specialist knowledge in helping with patients with persistent pain.

We know that the -

NO PAIN NO GAIN approach does not work!

Within the pain service, physiotherapists will not provide you with long lists of exercises that may increase your pain.

"What can I expect from the Pain Management Physiotherapist?"

The main goal is to help you manage your pain and work towards improving your quality of life by increasing your activity levels and flexibility. Patients who have adopted this type of approach can find that pain becomes more manageable. Over the longer-term with practising this approach we would expect your life to be more manageable and for some people this can lead to reduction in pain levels.

"What Pain Management Physiotherapy could look like?"

- The physiotherapist will help you to understand the science behind your pain. We know that understanding your pain can help with the management of your pain.
- Tailored activity planning. Too much or too little? We assist you to increase the level of activity you can do comfortably. Helping you improve your flexibility and general fitness levels.
- Advice offered: Work activity (paid and voluntary), leisure activity, local support groups etc...

Summary-

We understand that this type of approach can be challenging and can also take time.

By working together we hope to support you in achieving your goals and an overall improvement in your quality of life.