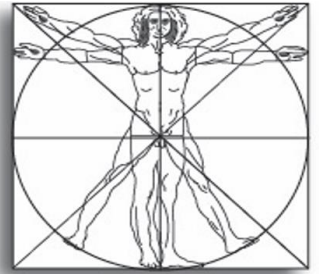


SOUTHPORT PHYSIOTHERAPY CENTRE



Winter 2016

Chronic Pain Management (Don't forget the role of the mind)

CBT (Cognitive behaviour therapy) involves identifying thought patterns that reinforce suffering, disability and inability to cope (negative, unhelpful or unrealistic thinking).

These thoughts can increase suffering by increasing or exaggerating the perception of pain and heightening feelings of anxiety, anger and depression.

Patients can become isolated or withdrawn, overly reliant on pain medication and have poor sleeping pattern.

Emphasis is spent on being optimistic and encouraging realistic thinking, developing improved coping mechanisms and some control.

Unhelpful thoughts may relate to financial difficulties, relationship difficulties, unemployment, and legal issues.

Focus should be placed on providing skills and strategies to cope with normal life stresses despite the pain, rather than eliminating or finding a cure for their pain.

Up to 42% of whiplash sufferers do not fully recover and develop chronic pain.

Anti-depressants have been found to be effective in relieving the neuropathic pain.

Unfortunately, there is a stigma associated with anti-depressant use.



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