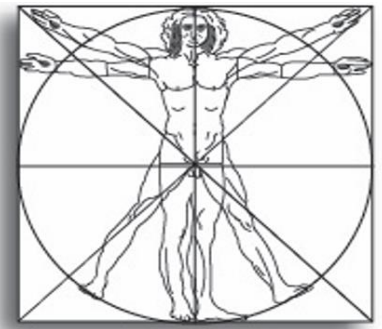


SOUTHPORT PHYSIOTHERAPY CENTRE



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Persistent Pain – and How to Manage It.

Living with on-going pain can be very distressing as it can impact significantly on your physical, mental, social and family life. Medications and other single approaches are unlikely to help on their own. Better to try a combination of tactics to best improve function and prevent pain from controlling your life.

Here are 5 strategies that may improve your day-to-day function.

1. Learn about your pain.

Learn why your body is producing these sensations.

Think of the body as having a built-in alarm system. This alarm system triggers when you feel pain and continues till you do something about it (such as a wound that heals, or back pain that you require treatment to settle). For some people however, the alarm system ramps up and doesn't settle back down. This 'extra-sensitive' alarm system can trigger even when you perform activities that would not normally cause pain.



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Furthermore, pain itself can affect (or be affected by) what we think, feel and how we behave. Emotions such as helplessness or depression can heighten the perception of pain.

Similarly, the fear of pain can lead us to behave in different ways, like limiting movement and mobility and this can then actually increase the pain.

Don't disregard the power of 'positive thinking'.

2. Set goals to improve your daily function.

These can be quite simple things like a daily walk or light exercise.



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3. Make movement part of your plan.

Movement has been shown to be beneficial in the management of persistent pain. Not all movement however may be suitable. Consult your physiotherapist for guidance regarding this.



4. If you take medication for your pain, consider whether they are helping you.

Medicine may help in the short term but for persistent pain sometimes they can make you feel worse. Opioids can make your nerves and brain more sensitive to pain.



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5. Have a team of health professionals to help you.

You should start with your GP, and they can refer you to professionals who deal with persistent pain such as physiotherapists, psychologists, exercise physiologist and occupational therapists. If you are feeling isolated, consider joining a community group or a hobby that you enjoy.

