

Persistent pain

Information and advice

Short term (acute) pain can sometimes be useful. It can help us find out what is wrong with our mind and body, and how we can improve our health.

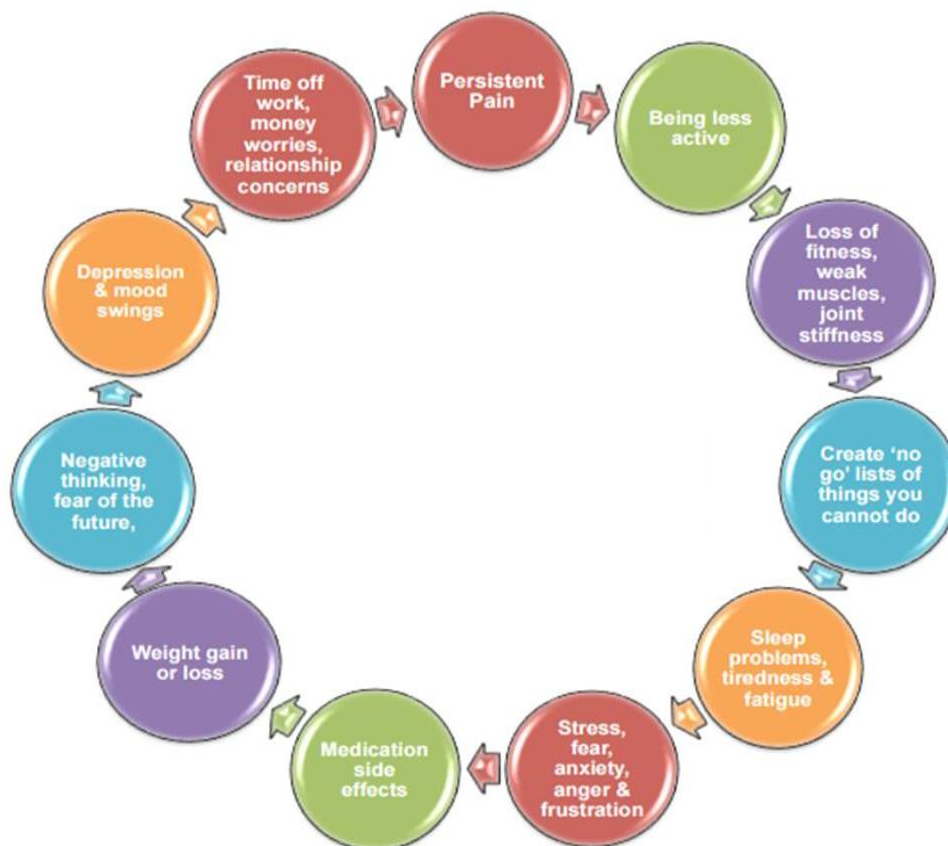
However sometimes when injuries and illnesses are healing, pain may continue and become chronic or persistent. This type of pain is often thought of as non-useful pain.

Pain doesn't necessarily mean that there is damage, and there are a lot of different things that can cause pain.

The Persistent Pain Cycle

The Persistent Pain Cycle was created by the Pain Toolkit team.

The cycle explains the different ways we can look at pain, and understand how it can be caused and treated. Understanding this cycle can help us realise the different thoughts and feelings that can trigger further pain, and affect recovery.



Managing your pain

- Pacing yourself with activities, and slowly building up how much you're doing can reduce the impact of pain on your body
- Regular exercise, including walking, can help you ease different types of pain
- Socialising and enjoying yourself can help take your mind off pain, helps release chemicals in your body which have been proven to help reduce pain sensitivity
- Learning to relax can help reduce your sensitivity to and awareness of your pain

Resources

Videos

- Here are two videos which may help you with managing pain. Search YouTube using these titles:



Understanding Pain in less than 5 minutes, and what to do about it



Why Things Hurt – a TED presentation by Lorimer Moseley

Websites and apps

- Pain Toolkit guides and videos can help you spot the different causes of your pain, and how you can stop the cycle (www.pain toolkit.org)
- Pain Education for Patients provides guidance on pain recovery (www.paulhead.co.uk)
- breathe2relax is an app (available on iOS and Android) which teaches relaxed breathing through easy to follow exercises

If any of these exercises make your symptoms worse, slow down or stop. If your pain isn't improving, please see your GP. A delay in recovery rarely means there's a serious problem. It's more likely that you may need some extra help to manage your pain.

How to contact us

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