




**Pain
Relief
Foundation**

The Walton Centre **NHS**
NHS Foundation Trust

Excellence in Neuroscience 

PRACTICAL PAIN MANAGEMENT FOR THERAPISTS

SEPTEMBER, OCTOBER & NOVEMBER



Session 1

Explain Pain - 16th September - 16:00 to 17:30

Understanding pain mechanisms in the real world and helping patients to understand pain mechanisms / ways of explaining pain to patients.

- What do you need to know and why?
- Understanding pain reduces fear
- Learning the relationship between pain, tissue damage and disability and 3 can act independently
- Becoming more able bodied and engaged in activity in the presence of pain
- Communicating this with patients

Session 2

Understanding Impact of Pain - 14th October - 16:00 to 17:30

Understanding the importance of treating the impact of pain (vs pain itself) and what to target within therapy.

- Physical, Psychological and Practical impact
- Physical - deconditioning
- Psychological – hot cross bun
- Practical – disengagement, activity patterns
- Fear Avoidance Cycle
- Recognising as a therapist you have the skills you need

Session 3

Communication, Coping & Pain Management - 11th November – 16:00 to 17:30

Understanding unhelpful beliefs about pain and what practical pain management strategies can be used to help people.

- Challenging unhelpful beliefs with patients and how
- Other people's beliefs and the influence of this
- Activity Management
- Activity scheduling
- Anxiety management
- Relaxation skills
- Aids and adaptations???
- Advice on when to refer to Pain Services / PMP
- What about after the PMP?

