
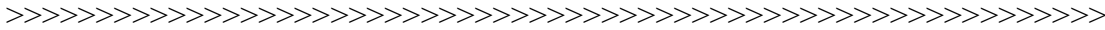
 Find us on Facebook: First Point Physio
 Twitter: @FirstPointPhys



Visit our website: www.firstpointphysio.co.uk



The Pain Cycle – Why does it hurt do much?

- Just under 28 million people in the UK live with a degree of chronic persistant pain
- 66% of people attending A&E departments seeking help for pain, had made more than three visits to a healthcare professional in the preceding six months
- In a survey of 1027 people, 87% of respondents said their GP was normally the healthcare provider that helped them manage their chronic pain. Furthermore, 51% of respondents said that they didn't feel that their GP knew how to treat their chronic pain

(Chronic Pain Policy Coalition)

This could be because pain is very complex. It isn't always as simple that a scan will tell you what is causing pain, pain medication will resolve it completely, or that your health professional will know what is causing your symptoms.

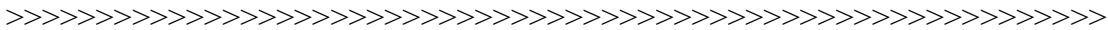
Pain is an emotion and when experienced for long periods our body reacts to it, it can leave you feeling tired/stressed and frustrated which may then affect your activity levels and function, also known as a 'pain cycle'.



 Find us on Facebook: First Point Physio
 Twitter: @FirstPointPhys



Visit our website: www.firstpointphysio.co.uk



So what can I do to help?

It is about identifying part of the pain cycle which you can break; this may be with some gentle movement exercises initially, reading a book to change your thinking, attending a local support group whereby others can discuss management methods to help you get back in control of your pain – and not letting it control you.

We have listed below some great resources you may wish to look at to help yourself as much as possible, alternatively speak to your local healthcare provider or look at leaflets at your GP surgery to see if there are other services that you could benefit from.

- The Pain Toolkit, Pete Moore
- Pain Concern www.painconcern.org.uk
- Health Talk www.healthtalk.org.uk
- Away with pain www.awaywithpain.co.uk

With regards to exercise we would recommend you trial some lighter exercise initially, pace it out to ensure you feel ok later that day and the next but be aware that a little bit of aching is ok as this can be how your body reacts to building muscle and improving fitness.

Swimming, cycling and a short walk could be a good start....