

Pain Management

What is pain?



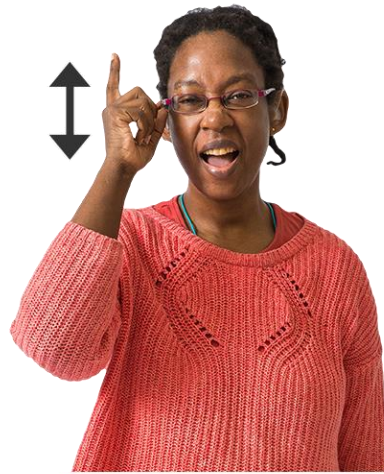
- There are different types of pain these are acute pain, which is like a headache or when you scrape your knee.



- Chronic pain is pain that doesn't go away and could be from injuries you've had in the past, like a sprain.



Understanding Chronic Pain



Understand

- It is also important to understand that chronic pain will never go away completely.

Part of having chronic pain is about learning what management works for you.



Good Days and Bad Days



- With chronic pain you have good days where you feel fine and can be really active.
- Then you have bad days where you may struggle to do anything.
- To reduce the amount of bad days you have it is important to not do too much on your good days.



Managing Pain



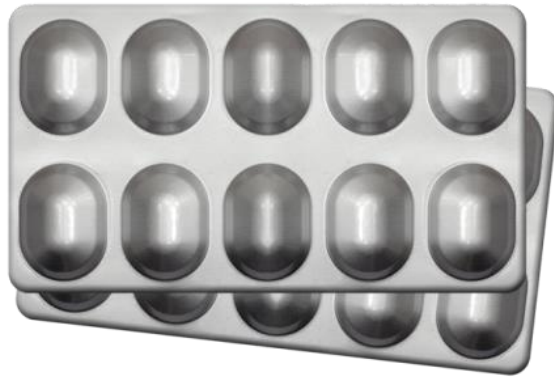
- To manage acute pain you could just take some pain relief like, paracetamol. However chronic pain needs to be managed in the way that suits you best.



- You need to find what works best to manage your pain this could be through tablets, physiotherapy, exercise, acupuncture or mixture of all of the above.



Tablets



- There are a range of different tablets, which your GP may recommend that you take to manage your pain.



- When you have chronic pain tablets will only take the edge of the pain off, so you can go about your day as normal.



Physiotherapy



- If you have been to see your GP about your chronic pain, they might suggest you do a course of physiotherapy.



- They could arrange you an appointment with physiotherapist and may send you a sheet with exercises.

Exercise



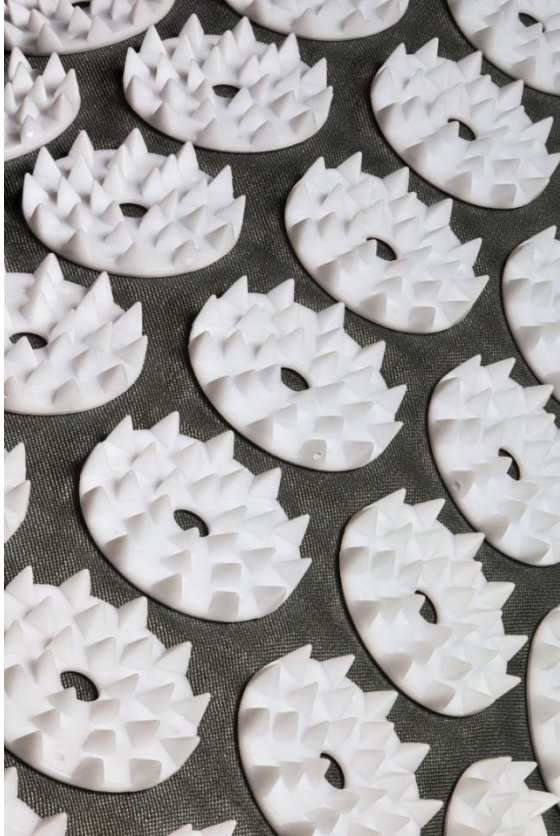
- Exercise can help with chronic pain as long as you don't over do it as this could make the pain worse



- Try to find exercises that target the area where you have chronic pain



Acupuncture



- Acupuncture is where thin needles are put into parts of your body, this can help with lots of different health problems including pain.
- While acupuncture works for some people it doesn't work for everyone.
- if this is something you want to try speak to your GP first to make sure you can have it.