

Taking control of pain

Physical therapists work with people to help them take control of their pain using several tools including pain education, coping strategies, problem solving, pacing activities, sleep hygiene and relaxation.

Understanding and taking control



Interpreting pain

- People with negative beliefs about their pain report higher levels of pain intensity and disability.
- People with positive beliefs of pain have attitudes that positively influence a prognosis.
- People with musculoskeletal pain often view their body as being a fragile or vulnerable structure which is easy to (re)injure.
- People who attribute their pain to a structural cause are more likely to have higher levels of disability and poor recovery expectations.

Physical therapists will help you understand how pain is a built-in alarm system that with chronic pain is often too easily triggered.

They will help you reduce the fear attached to pain and explore long-term strategies to build confidence through engaging in avoided activities that are threatening or painful to regain control.



Exercise therapy is included in all guidelines for the treatment of chronic pain
- ask your physical therapist, the exercise expert