



Physical therapy helps people with chronic pain develop the skills they need to **manage and take control** of their condition, increase their activity and **improve their quality of life**

Talk to a physical therapist about how to get active again

Take back control • Manage your pain



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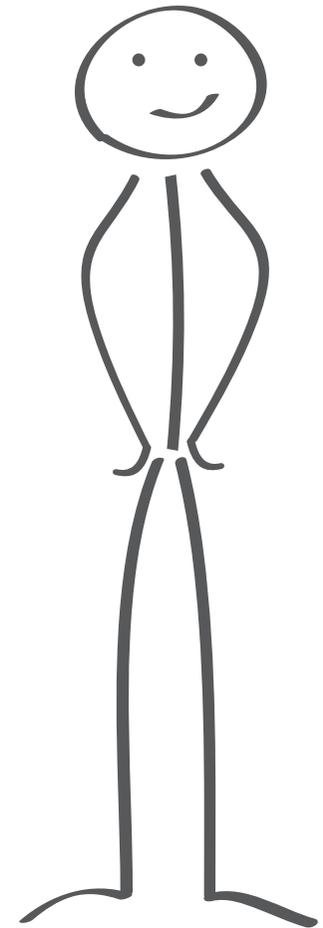
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TAKING CONTROL OF CHRONIC PAIN



Movement for Health

World Physical Therapy Day

#worldptday



Chronic pain is a significant global health burden, with low back pain causing more disability than any other condition.

For many chronic pain can make life difficult, which can lead to fear, avoidance and escape behaviours.

Many people experience an increase in pain with daily activities or when trying to be more active. This results in a general loss of control over daily life and can lead to depression, social isolation and a lack of participation.



How you can use exercise to take back control

- Start slowly with your physical therapist who will help you identify and achieve your goals using **graded activities and an exercise programme**.
- Your physical therapist will help increase your understanding of pain - this will reduce your fear of harming yourself and give you **greater control over the pain**.
- As you begin to move more and take part in more activities you should notice that you can **do more with less pain**.
- You will learn to **focus on what you can do**, despite the pain, to enjoy a greater quality of life.

How will a physical therapist work with you?

A physical therapist will:

- help you understand how **pain is a built-in alarm system** that with chronic pain is often **too easily triggered**
- help you **reduce the fear** you associate with pain
- help you to **change** your **beliefs and behaviours**
- **educate** you about your condition and **management options**
- **encourage** you to take part in **physical activity** in a safe way
- explore long-term strategies to **build confidence**
- guide you through the process of **taking part** in painful, scary or avoided activities to **regain control**
- help you **remain or return to work**



Physical therapists have unique skills to provide patient-centred individual care

Exercise therapy is included in all guidelines for the treatment of chronic pain - physical therapists are the exercise experts and will be able to guide you in activities to take part in and help you learn self-management techniques to manage your pain.