

Physiotherapy pain class

Introduction

This class will give you a better understanding of your back pain and teach you effective ways of managing chronic pain and improving your movement and function.

It offers three one hour sessions to be completed over six to eight weeks of starting. It is mandatory to attend session one before attending sessions two and three.

Each session covers different topics to increase your understanding of persistent pain and how to manage it. You will be taught how to set individual realistic goals and how to continue managing pain after the programme has finished.

Why should I attend this class?

This class will help you understand:

- What is pain and why does it persist?
- Hidden factors that cause pain to persist
- The relationship between exercise and pain
- Relaxation techniques and movement
- Coping with flare ups and chronic pain

What is expected of me?

- To commit to all sessions
- To wear comfortable loose clothing and suitable
- **To inform the class physiotherapist of any new medical problems/changes to your health**
- To be able to participate in mild to moderate activity/exercise
- To continue the exercises at home
- To complete the questionnaires you were sent

Class location

Ealing Hospital, Ealing Rehabilitation Service, Level 1, Orange Wing
Uxbridge Road, Southall UB1 3HW

Time: Monday 4.30 to 5.30pm and Wednesday 4.30 to 5.30pm

Booking and cancellations

To book your class appointment, please call the Central Booking Team on 020 3893 8533 between 8.30am and 4.30pm within two weeks of your last appointment. You are welcome to book class follow up appointments at respective class site at the reception desk after the class or by calling the number above.

Please ring within 14 days of your last appointment otherwise you will be discharged. If you make an appointment but do not attend (without contacting the service) you will be discharged. We only allow one cancellation

What should I do to prepare for the class?

Familiarise yourself with these exercises before you attend your sessions



Lumbar flexion: try this 10 times slowly while breathing gently .



Sit to stand: Try this 10 times slowly using your legs to push yourself up. Gentle breathe to relax your body and move with ease.



Marching on the spot: Hold onto a support if you need to and march on the spot for up to one minute.

General Trust information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 020 8869 5118 between 9.30am and 4.30pm or e-mail LNWH-tr.PALS@nhs.net

Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

If you would like this information in an easy to read format, large print, braille, different format or language, please contact the PALS team on 020 8869 5118 or email lnwh-tr.PALS@nhs.net We will do our best to meet your needs