



Physiotherapy in Chronic Pain

An overview

Traditionally Physiotherapists have been involved in the treatment of people with physical ailments including patients in the hospital or in the community. One of the traits that many of these patients have in common is pain and thus a subspecialty has emerged within the profession comprised of Physiotherapists who are interested in the management of people with chronic or persistent pain.

Your local
healthcare
provider

What is the role of the Physiotherapist in pain management?

Using their understanding of the mechanics of the body and knowledge of the complexities of chronic pain, the physiotherapist will help patients develop the tools needed to help improve their quality of life. Exercises, stretching, strengthening and education are some of the tools they will use to help patients manage their pain.

What can I expect when I see the Physiotherapist?

At your initial assessment with the Physiotherapist they will ask you several questions about your pain and some about your general health. This is important in order for the therapist to gain a thorough understanding of the history of your pain. They may look at how you move and in some cases it is helpful for them to see and feel the affected parts of your body. This will allow them to build an in depth picture of your pain and help develop a plan that is right for you.

You may be asked to return to see the therapist if it is likely to be beneficial or sign posted to other specialities within the pain service that best fit your needs.

Confidentiality and information sharing

Physiotherapists will share only the information which is relevant to your care with other members of the pain management service. They will keep all other information confidential (private). Any reports or letters that are sent out will be with your consent and you will receive a copy.

For further information on Physiotherapy and pain management you can go to www.csp.org or visit the British pain society www.britishpainsociety.org