



# 7 TOP TIPS TO MANAGE PERSISTENT PAIN

GUIDE BY CARL NEAL



# ABOUT THE AUTHOR

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**Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.**

For close to a decade people have consulted with him, hoping to find answers on managing their persistent pain. He has a passion to get people not only free from pain but also living the life how they want to live, with minimal restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your persistent pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have persistent pain are fed up with how it makes them feel. These things can really help. You just have to decide where to start.

# 7 TOP TIPS TO MANAGE PERSISTENT PAIN

## 1. Try to move normally

Simply put efficient movement is the best for your body. As pain persists we often adopt different ways of moving in order to try to minimise the pain. In our experience this often actually has the reverse effect and puts more strain on our body.

The more we can move in normal ways the better. Many with persistent pain find this difficult to do. The severity of the pain causes them to move awkwardly. Top tip: try to breathe out as you move, it will stop your body tensing up.

If you still struggle to move normally then coming to see is probably the best thing you can do as we can start to work out ways to help you move right away.

## 2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, ice (wrapped in a towel), creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain and if this allows you to move better and more frequently then it is only going to help in your recovery.

## 3. Worry Less

We know from the evidence that one of the highest predictors of whether pain persists is worry. Commonly people are concerned something serious is wrong, or that they are at risk of causing further damage. Many people with persistent pain believe that nothing can be done and have concerns for the future. This is normal.

However what we know is when pain persists it does not always mean something is severely wrong and equally no matter how long it has been there is always scope for things to improve.

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## 4. Engage in activities you love or value.

Persistent pain stops us doing the things that we love or at least makes it less enjoyable. We know that when we do things that we enjoy our bodies natural pain relief system kicks in. On the flip side when we are down or depressed this system turns off. So force yourself out for the dinner date with your friend, agree to look after the grandchildren, spend time doing your hobbies because in the long run it will help.

## 5. Become more active

Again people with persistent pain often struggle to be as active as they'd like to be. People often try to become more active only to get punished for doing so with their pain levels rising. Activity or exercise is really important in pain as not only gets you moving but also releases lots of good chemicals. It has been shown to be one of the best things for persistent pain

It is important to finding the balance between not doing enough and doing too much. Once you find an amount of activity you can tolerate look to build very slowly from there. We can help come up with more specific plans to help you become more active based on your goals.

## 6. Relax

Many with persistent pain have difficulties relaxing. Pain that is there all the time means your mind doesn't get chance to switch off and this can run in to the night. Not being able to relax often causes tension which in turn causes your pain to hurt more. Explore different ways of relaxation it may be simple meditation by relaxed breathing or something more advanced. Equally it may just be taking some time out listen to your favourite music.

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## 7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, assess how you are moving and then come up with a customised treatment plan to get you living life as you want to.

A lot of different things often contribute to persistent pain and it is not until you address each of them that you can finally move on from it. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

## Conclusion

These tips will hopefully enable you to better manage your pain. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your pain then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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