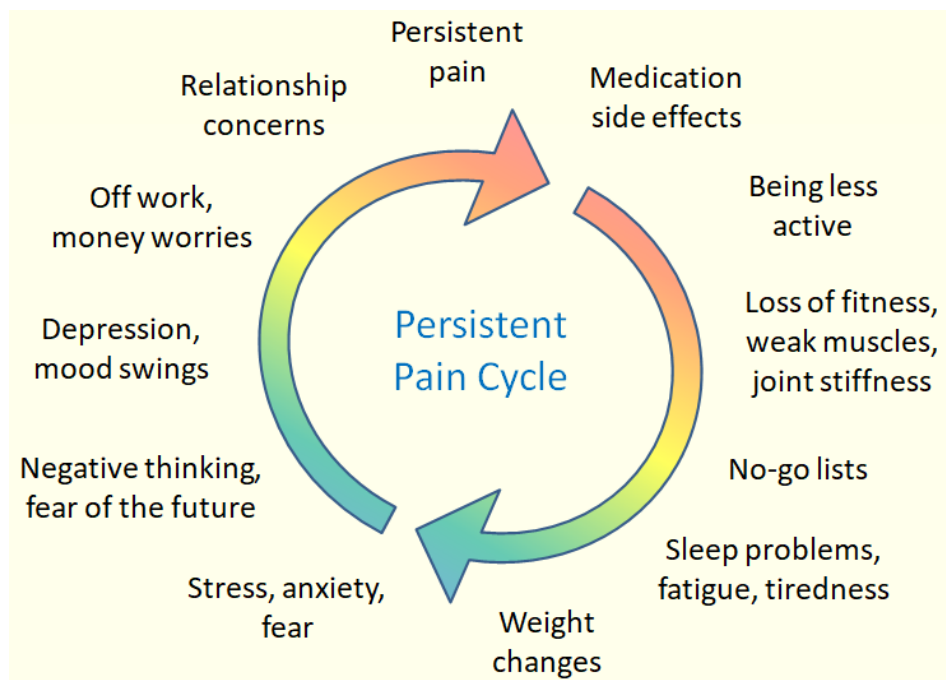


Starting a Pain Management Programme

Why Consider a Pain Management Programme

Many people find that we can get caught into a vicious cycle with our pain which might look a bit like this:



The Pain Management Programme helps us to start to understand this vicious cycle and consider ways we can start to step back from this.

What to expect

The Pain Management Programme is an opportunity to learn more about Pain Management Techniques and start putting these into practise.

- Each session lasts 3 hours (including breaks)
- 10 weekly sessions and a 3-month follow-up
- The programme can either be Online or Face to face (at the Astley Ainslie Hospital)

The Pain Management Programme will always be run by a Pain Specialist Physiotherapist and a Psychologist

It is with a group with people with similar experiences. We recognise that living with Chronic Pain is often very isolating and it can be very important to meet others with similar experiences and



consider together how to build tools to step back from the vicious cycle of pain.

You will not be expected to share in depth details about your own experiences, but rather there is a focus on feeding back how building in changes helps you.

During the programme, we will provide you with programme workbooks and handouts. We will also direct you to videos and resources to watch in your own time.

There is a big focus on **practising skills**, both within the group, but even more importantly, outside of our group sessions. We think of it almost like starting to put together a Jigsaw puzzle like below, noticing how all these things might come together to help us live the best life we can alongside our pain.



When you have been added to the group waiting list, you will then be offered the next space that is available on a group programme. If you have any issues or further questions, then please contact the Pain Management Service on **0131 537 9128**