

Topic 6 **Neuro immune response to pain**

Multiple system involvement

Understand why you may be fatigued or susceptible to other health challenges

Boosting the immune system - diet, exercise and recovery

Topic 7 **Pain anxiety and depression (psychologist)**

What is the difference between anxiety and depression

How does it influence the pain experience

Management options

Benefits of exercise, meditation, focused relaxation

+ focussed relaxation session addressing pain control/anxiety/depression.

Topic 8 **Medication**

What drugs do what and what are the recognised side effects?

Understand synthetic opioids/ antidepressants and their effect on pain

Natural enkephalin, endorphins - how powerful are they and how do you stimulate their production?

+ low impact cardio session

Topic 9 **Managing Flare ups**

Recognising the triggers for flare ups - what is harmful and what is not

Developing a self management plan

When to seek help

Reassess goals and revise graduated activity plan

+ home exercise plan

Topic 10 **Revision**

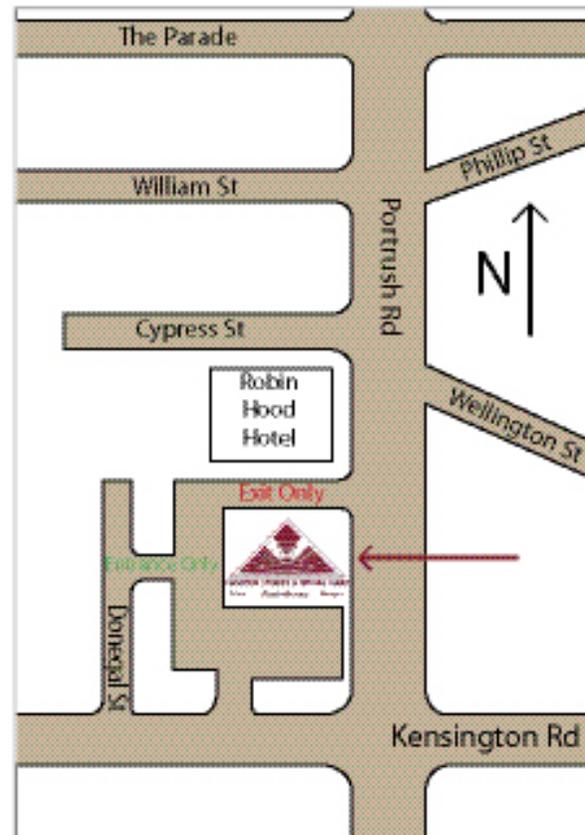
Revisit and Reset Goals

Revise Action Plan

Revise Focused Relaxation, Core Stability and

Cardio Program.

## Location



## Opening Times

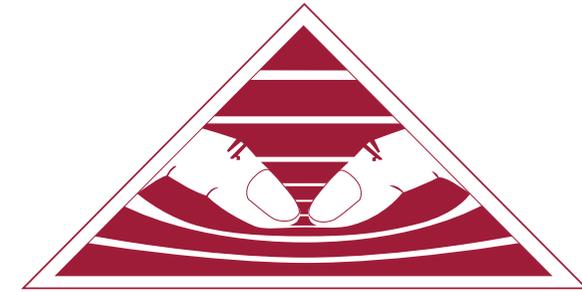
Monday - Friday

8:30am - 6pm

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**Eastern Sports & Spinal Care**

*'Performance Focused Physio'*

**Understand  
Persistent  
Pain and  
Regain  
Control of  
your Life**

This program is designed to provide Persistent Pain Sufferers and their families with specific education to enable them to self manage their condition and regain control and a quality of life

# Persistent Pain

Longstanding pain conditions can affect every aspect of your life: - work, home life, family relationships, social life and general wellbeing.

Often longstanding pain sufferers spend endless time and money visiting different health professionals in search of a cure and eventually end up taking stronger medication to dull the symptoms and in the process give up the things they most enjoy.

Current neuroscience reveals that when pain persists longer than it takes for tissues to heal post injury, the nervous system behaves quite differently and multiple factors that are not related to tissue damage are involved in perpetuating the pain.

There is very strong research evidence now showing that clients that understand the current pain science and how to apply this knowledge to their own situations are able to manage their symptoms much more effectively and regain control of their lives.

## Program Overview

Prior to joining this program each client will have a 1 hour Initial Consultation (with the Practice Principal Libby Austin) to gain a thorough understanding of your individual situation symptoms and their behaviour, current lifestyle challenges and treatment options that you have had to determine if this program would be beneficial.

This program is a 6 week education and active management program addressing both physical and behavioral influences of your presentation. It will require weekly attendance at education sessions and commitment to home based activities that are given each week. If specific treatment is required it should be booked separately from this program.

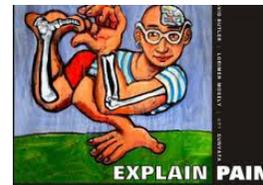
**Week 1 Introductory Session** for participants and partners addressing an overview of the program acknowledging the impact of chronic pain on every aspect of their lives and family. The difference between acute and chronic pain processing, physical and behavioral triggers and the concepts of boom and bust and pacing are introduced. The goals of the program and the structure of each session will be outlined. Partners will gain valuable information from this session that will enable them to understand more about chronic pain and some strategies to support and assist family members through this challenging experience.

### Week 2 - 6

Each session will address different components of chronic pain in conjunction with developing an individualised graduated activity plan. The sessions will include specific relaxation sessions, some neuroplastic brain training sessions, an introduction to core stability and postural control and some low impact cardiovascular conditioning.

## Explain Pain

Each participant is encouraged to purchase their own copy of Explain Pain, a book which provides a clear and concise description of current pain science in layman's language.



In addition each week we will work through different components, discussed in the book that may contribute to your presentation with worksheets and further information supplied by Eastern Sports and Spinal Care.

## Graduated Activity Plan

Over the course of the program we will develop a Graduated Activity Plan incorporating Physical, Functional and Social activities, linked to you individual goals. We will teach you how to pace your activities and gradually increase your ability to do more without suffering flare-ups.

# Topics Covered

Topic 1 *Introduction to program (partner/family welcome)*

### Understand Chronic Pain Processing

- Chronic pain versus acute pain
- Mechanical versus behavioral triggers
- Concept of boom and bust and importance of pacing
- How family members can assist

Topic 2 **Central & peripheral nervous system sensitisation**

- what does that mean
- how does it develop
- Identify individual threats/concerns
- Develop individual baseline activity levels
- Understand individual boom and bust behaviour
- Why pacing is important and how to do it

Topic 3 **Behavioural triggers & impact of stress on chronic pain presentations**

- Identify personal values
- Goal Setting (personal & work related)
- Develop personalised graduated activity plan
- + focussed relaxation session (recorded to be practiced at home)

Topic 4 **Neuroplasticity** what it means,

- Current neuro-science, evidence of neurogenesis and ability to develop new synaptic connections
- Understand the triggers for the pain tune + Recap on CNS sensitivity
- Review and revise graduated activity plan
- + neuroplastic brain training challenges

Topic 5 **Understanding our anatomy and biomechanics**

- Look at joints, discs, muscles, facet joints, nerves and understand how they work
- Why are stretches important? How can I move without triggering my pain?
- What is core stability and postural endurance - why is it important?
- Review graduated activity plan, discuss obstacles and revise
- + basic core stability exercise session