

# Pain Management Physiotherapy Service



**If you need this information in an accessible format, such as large print or braille, or in a community language, please contact us using the contact numbers or email address at the end of this leaflet.**

One of the pain management team has referred you to Pain Management Physiotherapy.



## What do we do in Pain Management Physiotherapy?

We understand that chronic pain is real, and we are interested to hear how it has affected you and your life.

People have told us pain can affect work, family, relationships, social activities, and mood levels.

Pain management physiotherapists guide and support people to achieve a better quality of life.

We explore ways you can learn and develop skills to make changes for the future.

We can help you in regaining confidence and return to things

**"This isn't just about exercise, joints and bones. It's about getting to the root of the problem and starting at the beginning. It's a wonderful feeling being here."**



We will be guided by what is important to you as this will help us build a plan together. We understand long term pain and will not push you to do things you cannot do.

Examples of what the plan may involve could be:

- Learning more about the science of chronic pain as we know that this helps explain why pain does not always go away.
- Improving your understanding of pain as this can help reduce the fears and worries you may have.

- Supporting you to find ways to live well with pain. This may involve making changes to your activity.
- Offering you group sessions as part of your plan.
- What we do together may not involve exercises.

## **What can I expect from the first session?**

Your first session will last forty-five to sixty minutes.

We can arrange the appointment to be a video or telephone call. If you would prefer to see us in person, then we can arrange this for you. You can choose to have someone with you, please invite them along. If you need an interpreter, we will arrange this for you.



The first appointment will involve talking about how pain is affecting your life. We will then decide together what you would like to achieve and how Pain Management Physiotherapy can support you.

## **Do I need to do anything to prepare?**

You may want to consider the following questions:

- What are your best hopes from taking part in Physiotherapy?
  - What would you like to achieve from coming along?
  - How would you like your life to look different after Physiotherapy support?
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We may not look at your movement at the first session, but you may wish to wear comfortable clothing in case there is time, and it is useful to do so.

## **How long will I attend?**

We will regularly review whether continuing to attend is a helpful approach for you. We will decide together when your Physiotherapy is complete.

## **What happens when I am discharged?**

We will discuss any further referrals and arrange these for you.

We write a letter with a summary of our sessions when your physiotherapy is complete.

There may not be any further appointments for you to attend within the Pain Service.

**We look forward to meeting you and working with you soon!**

## **Contact Details**

☎ 0141 355 1492

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✉ [pain.physiotherapy@ggc.scot.nhs.uk](mailto:pain.physiotherapy@ggc.scot.nhs.uk)



Please visit our website for more information or scan the QR code:

🌐 [www.nhsggc.org.uk/chronicpain](http://www.nhsggc.org.uk/chronicpain)