

**CONSCIOUS PHYSIOTHERAPY**

# **UNDERSTAND YOUR PAIN GUIDE**



**A guide to help you understand the  
psychological impact of pain.**

**Volume 1**



## Understand Your Pain Guide (Volume 1)



This guide was designed by Jagunath aka “the Conscious Physio”. He is a dancing physio with a background in Mindfulness, NLP and an accredited Life Coach. His specialist area includes Chronic Pain where he helps clients achieve their goals using his specialist training. After spending time in the NHS he now works with **R&D Physio**, who are based in London. He can be found on Instagram as **@theconsciousphysio** bringing out the best in people and improving clinicians in asking deeper, meaningful questions.

**The mission of Conscious Physiotherapy is to utilise coaching tools alongside physiotherapy, to empower individuals struggling with physical pain or injuries to develop a greater mind and body awareness, so that they can manage their pain, anxiety and fears with more confidence and feel hopeful about living a life of freedom again.**



## Index

- ➔ **The aim of this guide**
- ➔ **What is pain?**
- ➔ **The 2 Arrows: Pain and Suffering**
- ➔ **6 tools to help manage your pain**
- ➔ **Gradual Exposure**
- ➔ **Questions to help understand your pain**
- ➔ **Your Values and Goals**
- ➔ **Self-Determination Theory**
- ➔ **3 tools to help you be positive**
- ➔ **Pain Diary template**
- ➔ **Useful websites and Resources**



### The aim of this guide

The aim of this guide is to help empower individuals to understand pain and empower themselves, rather than feel they have no control over pain. The guide will focus more on helping changing your mindset and equipping you with tools to understand any helpful and unhelpful behaviours/patterns and also help you to realise any triggers, thoughts and anxieties be caused due to pain. The pain diary example at the end will help you record your patterns and this will eventually help you to understand your pain better. All of this will help you to manage and heal from your pain, whilst also making you feel more empowered.



### What is Pain?

Defining pain can be very confusing and there are a lot of factors to consider, that can make it even more confusing.

The International Association for the Study of Pain (IASP) proposes the following definition for pain: *“An aversive sensory and emotional experience typically caused by, or resembling that caused by, actual or potential tissue injury.”*

Now if that's too confusing, then let's expand on this definition further.

Pain occurs when the brain perceives damage or there is the threat of damage to the body and it wants to take action. This doesn't mean that pain is made up in the head because as many of you know, it is indeed a physical sensation you feel. In addition to this pain is also a subjective experience; hence everyone's perception is different.

When you experience pain, your brain listens to signals from your body and evaluates what those signals might mean. In this sense, you could consider pain in two parts- the primary physical sensation and the psychological aspect (which is what we add to the brain i.e. self-criticism or avoidance behaviours).

A key message to takeaway and also often a confusing message is that pain is not a damage indicator. Pain instead tells you whether there is either a REAL or PERCEIVED threat to the body.

The reason pain is NOT a damage indicator is because we can have NO PAIN and have LOTS OF DAMAGE at the same time. Pain CAN also happen WITHOUT damage. Furthermore, with CHRONIC pain (pain lasting longer than 12 weeks) the link between damage and pain becomes even weaker.

Ultimately, although it may not feel like it, pain is a PROTECTIVE response. This is because pain motivates the brain/body to help protect us from perceived threat/harm or actual harm.

A common example of this is when you touch something hot by accident (i.e. cooking pan) and you feel pain. Although, no damage may have occurred, the pain tells you to move your hand away to protect it.

As you can see there are many factors to consider when it comes to pain and hence it is **MULTIFACOTRIAL**. This means pain can be influenced by many factors. This means every individual has a different perception to pain based on their experiences. Hence, pain perception is subjective, dynamic and changeable. These factors include:

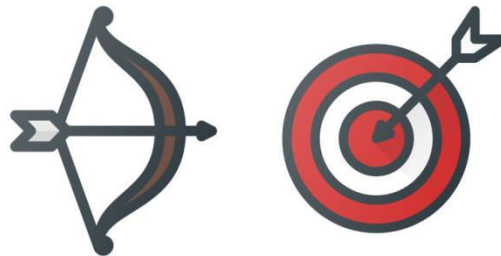
- The Sensory system
- Thoughts, Beliefs and Cognition
- Emotions
- Stress responses
- History of Pain
- Fear and/or Anxiety
- Lifestyle factors and work-life balance



Psychology/Mind-set (i.e. thoughts, beliefs and past experiences) are a key influencer of pain as it can shape our perception to pain without us even realising. Even certain smells and sounds can affect how we feel pain and hence, understanding your mind-set can be vital in your recovery process. Psychology can further complicate pain as it shows us that you don't need to have a physical stimulus to experience pain. I shall be going into further detail about tasks you can use to change your mind-set later on.

### The 2 Arrows: Pain and Suffering

This is an analogy that really drives in how pain can affect you psychologically. It also reminds us that we can take up the option to not suffer in silence Hence, we can choose to be positive and take steps towards recovery.



#### The first arrow:

- **This is the actual bad event, which CAN cause pain.**
- This can be Physical, Emotional or Mental pain.
- This pain is OUT of our control

#### The second arrow:

- **This is the suffering. This is actually OPTIONAL.**
- The second arrow represents our reaction to the bad event.
- The second arrow can be bodily sensation, feeling/emotion, thought or behaviour i.e. feeling anxious or telling yourself "I am helpless and life is unfair to me".

#### How can you avoid the second arrow?

- 1) Attempt to notice the first arrow.
- 2) Catch and acknowledge any impulses to add another arrow.
- 3) Ask yourself- "Do you need to add another arrow"?
- 4) Reward yourself before or after catching a second arrow



### 7 tools to help manage your pain

Taking all these factors into considerations, you can imagine how complicated pain can be, however there are a few tools that have been proven to work with people to manage their pain. You do not have to use all of them but by trialling different methods out, you will be able to find the tools that work for YOU.

#### **1) Touch (i.e. through massage)**

Touching (i.e. through massage), and being touched, activates particular areas of our brain which can influence our thought processes, reactions, and even physiological responses.

Touch can trigger oxytocin, the “love hormone”. It also lowers cortisol levels, reducing anxiety and stress. Through touch you can help to stimulate the part of the nervous system that calms the body and mind. In this case, touch can be reassuring and calming for a person in distress, since it could communicate an offer of support and empathy.

There is no strong evidence that touch will cure your pain or that it will even help at all. However, it is worth trying to see if it works for you and if it does then can be a useful tool to use for pain management for yourself.

#### **2) Exercise/Movement**

This often sounds counterintuitive but there is plenty of evidence to show that movement is vital in managing chronic pain. This doesn't mean you have to go for 1 mile run or lift some heavy weights at the gym. Instead, focus on small controlled movements that are tolerable. So for example, if your current pain is 10/10 when you bend down to reach something, then you could do more gentle movements that only cause you 4/10 pain.

This is important because the less you move, the more likely your body will become comfortable and hence will signal to the brain that this is the new safe zone and any movement outside this zone will cause pain. Instead, focus on small movements and gradually increasing the movements as the pain allows. This will allow you to become stronger and slowly help you to manage your pain better

Exercise/movement can also help manage your bodyweight and prevent obesity. This is important as obesity could make your pain feel worse both physically as you are forced to carry more load (i.e. extra weight can make your back pain feel worse), and psychologically as you feel less good about yourself and feel more anxious when overweight. Exercise can also boost your self-esteem as it helps release signals (i.e. endorphins) in your body that trigger you to feel good feelings.

Of course, you're probably thinking pain is pain and you'd rather not do any movement. This is where it is often useful to work with a physiotherapist who can help guide you and help you to do movements within a tolerable range. They can also build an exercise program that is individualised to you and one that allows you to get stronger, fitter and manage your pain at the same time.



### 3) Mindfulness (i.e. Meditation)

**“With mindfulness you’re learning to step away from the thinking mind and become a witness to your thoughts. Learning you don’t have to be affected by your thoughts and create a sense of freedom from them”**

Mindfulness has been found to be equally as effective as Cognitive Behavioural Therapy (CBT) for relieving chronic pain and its associated distress. A study reported CBT can be effective and has none of the side-effects of traditional painkillers, such as lethargy and addiction

Mindfulness can be thought of as a relaxation technique but also through mindfulness you can take a step back and realize that anxiety is just an emotional state, which will eventually go away. Additionally, through this process of acknowledging all mental states as changeable, the anxiety will become less frightening and less overwhelming. This will help you endure and maybe even end the inner suffering caused by pain.

Using mindfulness you’re trying to change your perception and relationship to pain. You’re learning to relate to the original emotion that the pain evokes in a different manner. You’re not trying to fix it but instead explore the possibility to relate to it in a different way. Mindfulness will allow you to attend to your emotions and regulate them better. Additionally, mindfulness helps improve your adaptive coping skills, and hence you won’t become triggered by your past habits and experiences.

### 4) Keep a pain diary to help beware of triggers

This may seem a tedious task but can be very beneficial. You may notice when you’ve attended a GP or Physio they will ask you about your pain and when it occurs. The initial response by patients is they are “not sure” and give vague answers. This is why a pain diary can be useful as it helps you understand your pain better. It allows you to become aware of when your pain occurs, but also when and what makes your pain better. This will allow you to manage your pain and not do unnecessary activities that could make your pain worse.

### 5) Gratitude journal

The idea of a gratitude journal is now becoming more mainstream in the context of health and wellbeing. The reasons for this are that it allows you to focus on the positive in your life and allows you to feel good. You may think, “How is this going to help my pain” but being positive and focusing on the good things in your life will allow you stay motivated and persist in moving forward. This is especially important if you experience periods of increased pain (i.e. flare ups).





### 6) Education/Knowledge

With so much information online it can be overwhelming and also confusing as to how you can manage your pain. Furthermore, if you don't understand what can cause your pain it triggers fears and makes you feel like you are even more helpless. This is why educating yourself about how pain is caused and how your pain is occurring can help empower you and help you to let go of any fears you may have. A key resource to understanding pain is David Butler's and Lorimer Moseley's book called "Explain Pain".

### 7) Sleep hygiene- getting enough good quality sleep

Sleep quality and duration are key indicators of overall health. In regards to pain sleep deprivation has been linked with increased pain. This is because when we are not well rested our bodies can become more sensitive to pain and reduce our abilities to tolerate pain.

A good example of the relationship between pain and sleep is Fibromyalgia which is a musculoskeletal pain disorder associated with mood disorders. Although the exact mechanism is unknown, research in Fibromyalgia patients shows that improving sleep helps decrease pain.

'Sleep hygiene' is the term used to describe good sleep habits. Below are just a few tips I would advise to help improve sleep hygiene.

- Get regular sleep= train your body to sleep well is to go to bed and get up at more or less the same time every day. The regular rhythm will make you feel better.
- No TV, Computer or mobile phone prior to sleep as bright light will tell your brain that it is time to wake up. Alternatively you could use the blue light filter on your screen.
- Avoid caffeine & nicotine= It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- Avoid alcohol= It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.



### Gradual Exposure

When living with pain it's common to build up anxieties and fear towards certain movements and activities. As you begin to avoid these movements more, you may start becoming more fearful of the movements because they cause pain. This means the individual becomes hypervigilant of bodily sensations and painful sensations. Overtime the nervous system can become increasingly sensitive (sensitized) and condition us to create pain based on thoughts and feelings and situations alone.

This is where gradual exposure can be super useful and important.

***Gradual Exposure*** is the process of slowly and systematically exposing someone to something they often fear. The idea is teach the brain that it can be comfortable in certain movements and that it doesn't need to create pain.

An example of this would be if you were scared of spiders and wanted to overcome this, instead of getting you to immediately hold a spider, you would start by looking at pictures of spiders. You can then gradually move on to looking at a spider in a container and working your way up to holding a spider.

#### **Steps to Graded exposures:**

1. Identify what movements/activities/situations causes you pain
2. Develop a hierarchy to rank all the activities from least fear-inducing to most scary
  - a. For example if you're scared your knee will be painful from squatting, you could start by gently bending your knee.
3. Then take steps to start carrying out the exposures.

*"Safely break the cycle of inactivity and deconditioning by engaging in activity in a controlled and time-limited fashion."*

By doing this you will gradually teach your mind that you don't need to fear the activities/movements you are avoiding. As you do the activity and realise it doesn't cause as much harm as you think, it forces positive reinforcement and allows you to face your fears. Eventually you will be able to face the things that you avoided before and understand a better understanding on how to manage your thoughts/emotions around chronic pain.



**Questions to help understand your pain**

The following questions are intended to help you understand your pain and how it impacts your life. These questions help delve deeper into your thoughts and beliefs around pain, so that you can identify any possible limiting thoughts, beliefs or behaviours that actually could be holding you back from achieving your goals.

Furthermore, often when we see physiotherapists or doctors they will ask you questions in relation to the pain and these questions will help them understand and create an appropriate management/treatment plan.

There is not right or wrong answer and remember everyones perception to pain will be different. Try and write the answers based on how you are feeling and do not judge the answers you write.

- 1. Is the pain continuous or does it occur at certain periods during the day and if so how long does it last?**

---

---

---

---

- 2. When do you get pain and where on your body do you feel it?**

---

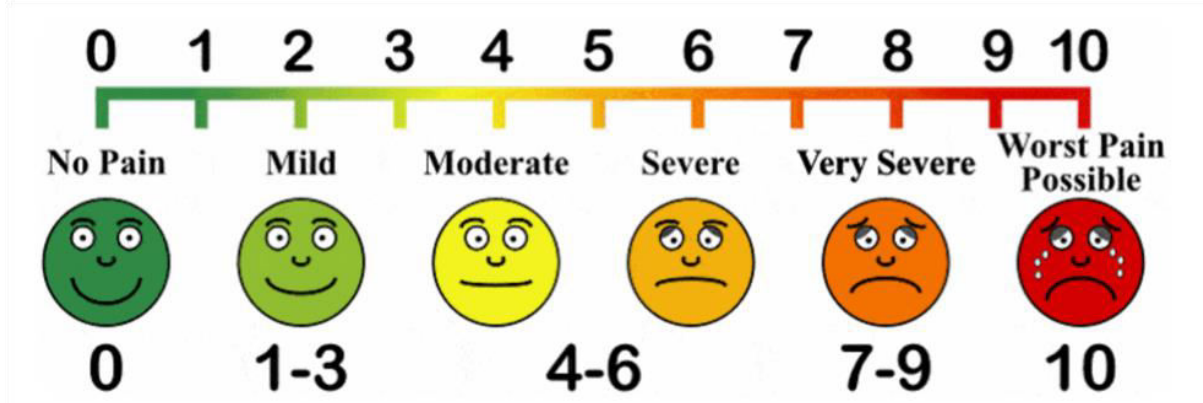
---

---

---



3. Using the visual analogue scale (VAS) scale below, what intensity is your pain when you are RESTING and when the pain is at its WORST?



---

---

---

---

4. What activity or experiences makes the pain worse?

---

---

---

---

5. What (if anything) makes the pain better?

---

---

---

---



**6. How does the pain make you feel and why? I.e. does it make you feel sad or frustrated.**

---

---

---

---

**7. Are there any activities that make you feel anxious or stressed due to the pain?**

---

---

---

---

**8. Is there anything that makes your pain feel better?**

---

---

---

---



## Your Values and Goals

### What is setting goals important in your pain journey?

Setting goals are a key aspect of pain management and something often very overlooked. Setting goals allows you to keep motivated and stay positive rather than feeling hopeless when it comes to your healing journey. The most common way to set goals is through the SMART method; SMART stands for specific, measurable, achievable, relevant and time-bound. This is a universally known method and often used by physiotherapist. SMART goals helps create measurable and well define goals with the hope of allowing you to stay on track to meeting your goals. The below Table explains the SMART method further.

<b>S</b>	<b>Specific</b>	What exactly do you want to achieve? What thing(s) will you need to achieve the goal? I.e. gym equipment or accountability. How much will you goals cost (if anything)? What are the constraints?
<b>M</b>	<b>Measurable</b>	How do you know you have achieved this goal? How can your measure your progress and how will you have accomplished the goal?
<b>A</b>	<b>Achievable</b>	Is achieving your goals realistic with effort and commitment? Have you got the resources to achieve the goals? and if not how will you get them? What are the logical steps to achieved the goal?
<b>R</b>	<b>Relevant</b>	Why is the goal significant to your life? What will it mean to you to achieve the goal? Is the goal worthwhile? Is now the right time?
<b>T</b>	<b>Time-bound</b>	When will you aim to achieve the goal? Be specific with exact date.



However, what's often overlooked is the importance of making sure these SMART goals are aligned to your values and are significantly meaningful to you.

### **What are your values?**

Your values are things that you consider important in your life and acts as an internal compass which guides us throughout life. They shape your behaviours, actions and priorities in life. It can be anything from experiences to feelings. For example, one individual may value happiness over family, whilst another person may value growth and hard work over family. Furthermore, the meaning you to attach to each value can also vary from person to another. For example, someone may value happiness in regards to being successful in their career, whilst another person may value happiness in regards to spending time on their hobbies and with family. As you can see for this reason values may interlinked.

***“Values are like fingerprints. Nobody’s are the same, but your leave them all over everything you do” – Elvis Presley.***

When it comes to managing pain, each individual will value different goals i.e. one person may value being able to exercises regularly despite their pain and another individual may value being able to go to sleep without pain.

Furthermore, values play a key role because if your core values are not aligned to your goals with pain management/recovery then it will make it harder and even impossible to reach your goals. For this reason it is really important to try and align your pain management goals to your values.

***“Values add fuel to your goals and gives our lives meaning and purpose”***



The following questions are to help identify and define your top values and goals clearly.

- 1. What are your ultimate goals in relation to the pain? Do NOT just write pain free, think of a sport or activity that you would like to do. Also maybe think of being able to spend more time with families and friends.**

---

---

---

---

- 2. Out of all your goals you wrote above, which goals feels strongest for you? Which goal motivates you the most and why?**

---

---

---

---

- 3. How does achieving the goal you chose above look like? Think of your 5 senses; What would you see? What emotion(s) would you feel if you achieved your goal? Are there any smells or a tastes associated with your end goal? BE AS DESCRIPTIVE AS YOU CAN!**

---

---

---

---





**4. What are your Top 10 Values in life? So anything you think is important.**

---

---

---

---

**5. Now choose your Top 5 values from the 10 you chose above in order (top value being first)?**

---

---

---

---

**6. How do your values relate to your pain? Are your values aligned with your pain management goals?**

---

---

---

---



**7. How can you make your pain management goals more aligned with your core values?**

---

---

---

---

**8. Now rewrite your goals using the SMART criteria.**

---

---

---

---

**9. Now visualise your goal(s) and write down how it would feel to achieve the goal(s).**

---

---

---

---



## The Self-Determination Theory

Self-determination allows people to feel that they have control over their choices and lives. The self-determination theory suggests that people are motivated to grow and change by innate psychological needs.

SDT theory argues that as humans we require three basic psychological needs to be met; autonomy, competence and relatedness and when these needs are satisfied, then self-regulation creates a sense of well-being and engagement toward their goals.

**Autonomy**- The feeling one has choice and willingly endorsing one's behaviour.

**Competence**- The experience of mastery and being effective in one's activity.

**Relatedness**- The need to feel connected and belongingness with others.





The reason why the self-determination theory is important in pain management is because a self-determined individual can be described as someone who:

1. Believes they have control in their lives
2. Takes responsibility for their own behaviour (taking credit and blame when either is warranted).
3. Is self-motivated instead of driven by others' standards or external sources.
4. Determines their actions based on their own internal values and goals.

An example in relation to someone suffering from pain is as follows. If the person has high self-determination he/she will feel they are responsible for their actions and will do their best to adapt their behaviour to manage the pain. The person will try and be positive in their thinking and regularly do activities as guided by their physiotherapists with the intention of getting better. The person may also be motivated to educate themselves around pain and keep a pain diary to monitor their progress

However if the individual has poor self-determination, they may not even bother trying to manage their pain. They may feel they are helpless and stop partaking in activities. This may result in building anxieties and fear towards certain activities and hence have fear-avoidance behaviours.

**To find out more about self-determination, you could attempt the following questionnaire-  
<http://selfdeterminationtheory.org/questionnaires/>**

As you can see SDT can play a key role in pain management. Many of the previous tasks on values and goal-setting were to help empower you to realise you have control of your life and that you can manage your pain. Through doing the tasks in this guide it will help increase your self-awareness and you will be able to increase your self-determination.



### 3 tools to help you be positive

It can be very difficult when in pain to be positive and in fact negative thought patterns are very common. With time these thoughts can become more regular and “automatic” such that you may be unaware you are even thinking about these thoughts. This can make it difficult on your recovery as you feel negative emotions and unmotivated. This can lead to further feelings of hopelessness and reduced freedom in your life. The aims of the following tools are to help you understand your thoughts and help you change them gradually so that they are positive and empowering. Try each tool starting from the first one. Remember, this won’t be easy but the more your practice and the more consistent you are, the easier it will get.

#### **Tool 1- Catching you “negative” thoughts**

To first be able to change these negative thoughts you need to be able to become aware of them. This means you need to “catch” these thoughts and be able to distinguish them from your feelings and actual events. The below table is a tool that be used to catch these thoughts (examples are shown in red). The idea is to first review the situation where the negative thought came from and then look at feelings and actually thoughts that came up during the situation. Also note these exercises can be very uncomfortable but becoming aware of them and accepting them will be your first step in overcoming them. Try these activities at the end of each day or when you feel a strong thought. A sudden shift in your emotions is a sign that you have had a thought. When you do the activity later in the day ensure you imagine the incident clearly in your mind, as this will help you to recall the details you need.

<b>Situation</b>	<b>Feelings</b>	<b>Thoughts</b>
<b>Who were you with? What were you doing? Where were you? When did it happen?</b>	<b>What did you feel? (Rate how strong the feeling was from 0-10)</b>	<b>What was going through your mind? (Thoughts images and memories)</b>
<b>Check the examples below:</b>		
I couldn't play football with my friends due to the pain	Frustration (7/10) and Sadness (10/10)	<ul style="list-style-type: none"><li>• It made me feel I was not good enough.</li><li>• I made me feel like I was doomed to not be able to play football ever again.</li><li>• Made me feel like a failure.</li><li>• It reminded of when I failed to get into the football team at school and my dad laughed at me.</li></ul>
I suffered pain for 1h and couldn't walk to the toilet	Sadness (8/10)	<ul style="list-style-type: none"><li>• I felt trapped and anxious</li><li>• I felt there was no one to help me and I was doomed forever.</li><li>• I feel so embarrassed</li><li>• Why is life so unfair to me</li></ul>



**Tool 2- Challenge thoughts that make you feel worse**

Challenging your negative thoughts is important to healing and helping you obtaining more positive thoughts. It's vital to helping you realise that often our negative thoughts are formed due to habitual thinking and hence these thoughts can actually be stopped. Furthermore, challenging your thoughts will help you realise that these thoughts aren't always true.

Below are questions to help you challenge your thought patterns.

- 1. What is the Negative thought? What emotions does it make you feel and what physical sensations did you notice in your body and where did you feel it?? Also how strong is belief from 0-100%?**

---

---

---

---

- 2. What evidence do you have that SUPPORTS your negative thought?**

---

---

---

---

- 3. What evidence do you have that DOESN'T support your negative thoughts?**

---

---

---

---



**4. Imagine you a random person- would they think differently in this situation? Is there anything else I am missing (any other evidence)?**

---

---

---

---

**5. If you look at this situation positively, how is it different? What advice would you give a good friend of yours and whats stopping you from following that advice?**

---

---

---

---

**6. Will this thought matter a year from now? Will it matter in 5 years' time?**

---

---

---

---



**7. What are the benefits and disadvantages of having the negative thought?**

---

---

---

---

**8. Is there any other way of looking at the situation?**

---

---

---

---

### **Tool 3- Create and validating new positive beliefs**

Creating new positive statements can help encourage you during difficult times and help overcome our negative thoughts. These new positive thoughts can be thought of coping thoughts or mantras/affirmations. Examples of coping thoughts might be:

- I have the power to heal myself
- I don't need to rush, I can take things slowly
- I have done this before, and I can do it again
- This pain will pass
- Take a breath and relax
- I am allowed to be angry and sad but I know this is not how I have to live myself
- This feels bad, it's a normal body reaction – it will pass
- This feels bad, and feelings are very often wrong
- These are just feelings and not facts, they will go away
- This won't last forever
- I can feel bad and still choose to take a new and healthy direction
- I have survived before, I will survive now





By doing this activity it will help you get into the habit of finding the positive in all things. It also helps you get in touch with the things you are telling yourself. Remember, by changing your thoughts, you will change the way you feel.

Repeat the positive thoughts as often as you can to help develop a more positive outlook on life especially when you feel pain.

**1. What is the new POSITIVE thought?**

---

---

---

---

**2. Is there evidence that supports this new thought?**

---

---

---

---

**3. What actions can you take that help support the new thought?**

---

---

---

---



### Pain Diary

Keeping a pain diary is a really vital tool to gathering information about pain. You can monitor when and where the pain feels worse but also what makes the pain better. You can also monitor those negative thoughts and see if a certain activity or time of day causes you to have more negative thoughts and if it's related to the pain or an activity. A pain diary can also help your doctors and physiotherapist in creating an effective management and treatment plan for you. As you understand your pain better with the pain diary, you can improve your communication with your doctors, physiotherapists and other healthcare professionals as you can explain your pain better to them.

Your pain diary can include the following information (be PRECISE and DETAILED as you can):

- The time and date you felt pain.
- Where in your body you felt pain?
  - Use as many descriptive words as possible for the physical aspects of your pain, such as stabbing, shooting, burning, aching, pounding, or throbbing.
- The intensity of the pain.
  - Always rate the intensity of your pain on a scale of 1 to 10 (with 1 equal to no pain and 10 as the worst pain imaginable). If you're making three entries a day, you can add up these ratings at the end of the day and divide them by three to give yourself an overall pain rating for each day.
- How often you felt the pain
- The duration of each episode of pain.
- What causes the pain or if it was randomly cause.
- What medications you took during the period and whether they gave you any relief.
- What non-drug therapies you tried to manage pain (e.g. mindfulness or yoga), meditation and if it helped.
- Any other actions that gave you relief, such as taking a warm shower, standing up, or walking around.
- Whatever emotions and thoughts you felt that were connected to the pain i.e. Write "I feel hopeless" or "I feel life is unfair" if that is what you are feeling.
- Anything else you feel is relevant.

(See end page for Pain diary example)



### Useful websites and Resources

- **The British Pain Society** provides helpful information section for patients with pain conditions, and details of various support groups, including guidance supported by available evidence on clinical and other pain matters. [www.britishpainsociety.org](http://www.britishpainsociety.org)
- **The Retrain Pain Foundation** is an excellent resource with a number of quick, engaging materials around the topic of persistent pain. It has translated the material into a number of **different languages**. <http://www.retrainpain.org/>
- **Pain-ed** is a website that is run by experienced clinicians working and researching in the pain management world. Their mission is to inform both the public and health care practitioners about the latest pain research and to dispel common myths about pain, providing a hope for change. <http://www.pain-ed.com/>
- **BodyinMind** was developed by Professor Lorimer Moseley and Heidi Allen, as a method to promote better understanding of the clinical pain sciences. This site focuses on attempts to better understand the way the body, brain and mind interact. <https://bodyinmind.org/>
- **Tame the Beast** was created in collaboration between: a pain researcher Professor Lorimer Moseley, a physiotherapist David Moen and a professional communicator Sam Chisholm. It includes many useful resources and real patient stories <https://www.tamethebeast.org/>
- **Beyond mechanical pain.** Alison Sim is an Osteopath with a Masters degree in Pain Management she has a keen interest in educating health professionals about the latest science surrounding pain, especially pain that hangs around – chronic or persisting pain. <http://beyondmechanicalpain.com/untitled/>
- **Living well with pain** is a website created through the collaboration of Dr Francis Cole (retired GP), Emma Davies (Advanced Pharmacist Practitioner) and Eve Jenner (Physiotherapist). It is written for clinicians and has helpful resources on a number of pain management strategies including opioid management. <https://livewellwithpain.co.uk/>
- **Pain UK** Find out about other organisations helping people living with pain. [www.painuk.org](http://www.painuk.org)
- **Living with Chronic Pain**, by Neil Berry. Listen to self-management tips in a free download or purchase on CD. [www.paincd.org.uk](http://www.paincd.org.uk)
- **Pain Relief Foundation** Find information, articles and CDs for purchase. [www.painrelieffoundation.org.uk](http://www.painrelieffoundation.org.uk)
- **Pain Toolkit** Pain took-kit is a site run by **Pete Moore**. Pete experiences persistent pain himself. On his journey he has amassed many pain management techniques. He now uses his expertise to help other pain patients and health care professionals. <https://www.paintoolkit.org/persistent-pain/what-is-it>
- **Joletta Belton** writes a blog on living with chronic pain from a patient's perspective. The website aims to make sense of pain through science and stories. <http://www.mycuppajo.com/>
- **Living well with pain. A blog by Tina.** "Through my lived experience of persistent pain, and my professional and volunteer experience working both with people with persistent pain and with healthcare professionals, I hope to help 'bridge the gap' between patients and healthcare professionals"  
<http://livingwellpain.net/>



- **The unchartered collective** are a collaboration of ‘creatives’. A group of persistent pain sufferers raising awareness and exploring the pain experience through art and performance. *“Our name reflects our sense of living in unchartered territory: when an illness becomes chronic and your life counter-culture. With few role models and little awareness around invisible impairments, navigating this new world can be a lonely thing”*  
<https://uncharteredcollective.com/>

### Books

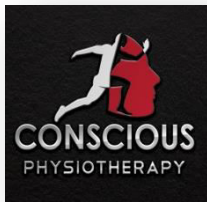
- Explain Pain’ – Lorimer Moseley and David Butler (Sunyata publisher).
- ‘Manage your Pain: Practical and positive ways of adapting to chronic pain’ - Michael Nicholas, Allan Molloy, Lois Tonkin and Lee Beetson (Souvenir Press, 2003).
- ‘Overcoming Chronic Pain’ – Frances Cole, Helen Macdonald, Catherine Carus and Hazel Howden-Leach (Robinson Publishing, 2005).
- ‘Coping Successfully with Pain’ – Neville Shone (Sheldon Press, 2002). The author of this book has chronic pain.
- ‘Pain – the Science of Suffering (Maps of the mind)’ – Patrick Wall (Columbia University Press, 2002). This book is a more technical account of pain and pain mechanisms.



## Contact

### For Physiotherapy, Coaching and Mindfulness enquires bookings

- **Email-** Jagunath@r-d-physio.co.uk
- **Website-** <https://www.r-d-physio.co.uk/>
- **Instagram-** @theconsciousphysio
- **YouTube-** The Conscious Physio



The frame work for Conscious Physiotherapy Coaching is based on 8 Pillars (as below).

- **Awareness-** Developing greater understanding of your own mind and body connection so that you can intuitively tune into your needs.
- **Acceptance-** Embracing your current reality so that you can work with what is, as a gentle stepping stone to moving forward.
- **Mindfulness-** Creating more awareness of the here and now, so you can live with more presence.
- **Management-** Finding methods and practices that allow you to manage your pain and the challenges that comes with your condition (if any), with more independence.
- **Values-** Exploring who you are and clarifying what's important to you, so that you can live with more alignment to yourself.
- **Vision-** Defining a clear and compelling purpose for your life that inspires you to have more hope.
- **Fears-** Acknowledging and overcoming the fears that could hold you back from exploring new possibilities.
- **Freedom-** Claiming your independence and feeling empowered about your condition and learning to live a life of freedom, joy and peace.



## Understand Your Pain (Volume 1)

<u>TIME</u> (AM to PM)	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Morning</u>							
<u>Afternoon</u>							
<u>Evening</u>							