



# Physiotherapist in Pain Management

## What is a Physiotherapist?

Physiotherapists are generally known for treating people with physical injuries using manual therapy. People with chronic pain have often already tried this and found that it does not help them in the long term.

## What is the role of the Pain Management Physiotherapist?

A Pain Management Physiotherapist will work with you to improve your function in order to help you enjoy a better quality of life.

## What can I expect at my appointment with the Pain Management Physiotherapist?

We will ask you about your current ability to do things in everyday life. This includes work, household activities and hobbies. If you are being assessed by phone, but the Physiotherapist feels that a physical examination is needed, a face to face appointment may be arranged.

Treatment will be aimed at understanding what you might like to achieve in the short, medium and longer term and help you to improve your strength and range of movement without flaring up your pain. The aim of Pain Management Physiotherapy is to enable you to return to enjoyable activity. This does not necessarily mean joining a gym or attending an exercise class. It is for you to decide which activities suit you best.

Once an assessment has been done, a plan will be discussed with you. With your agreement this could include a Home Exercise Programme (HEP); signposting you to other resources; and if appropriate you may be referred on to other members of the Pain Management Team for support; or offered a further Physiotherapy appointment or discharged.

## Confidentiality and information sharing

Physiotherapists will share only the information which is relevant to your care with other members of the Pain Management Service. They will keep all other information confidential (private). Any reports or letters that are sent out will be with your consent and you will also receive a copy. The only time a physiotherapist would share information with other professionals whether or not you gave permission is if they were concerned that you or someone else was at significant risk of harm. If this happened, they would discuss this with you first.

**Pain Management Physiotherapy Staff:** Tracy Everett

## If you would like to know more about Physiotherapy and Pain Management:

You can find more information on the physiotherapy pain association website <http://ppa.csp.org.uk/> and the British Pain Society, at [www.britishpainsociety.org](http://www.britishpainsociety.org)