



THE CHRONIC PAIN GUIDEBOOK

Finally Stop Your Pain From
Getting In The Way Of Your Life



Are you ready to start moving towards a pain-free future?

When you're dealing with chronic pain, it can feel very isolating. Nobody can see what you're dealing with on the inside, nor can they understand what it's like to be in pain all the time.

You may look 'fine'... but what's going on under the surface is anything but.

The thing is, chronic pain doesn't just affect the part of you that's hurting. It can affect your whole life!

Because pain isn't just physical. It can disturb your sleep. It can make it difficult to work and think. It can make you tired, anxious or just plain depressed. What's more, it can stop you from participating in life's fun activities with your friends and family.

You might often wonder... will I ever get back to my old self again?

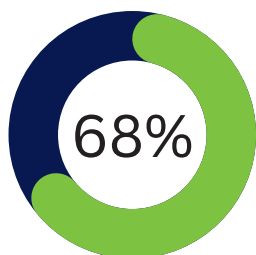
If you're dealing with chronic pain, there IS hope. In this guide, we'll show you some of the things you can do to help your chronic pain.

So you can take back control, and start enjoying your life again!

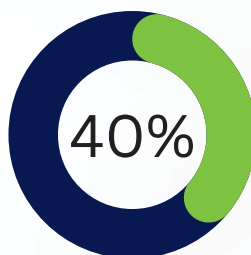
Chronic Pain In Australia - You're Not Alone



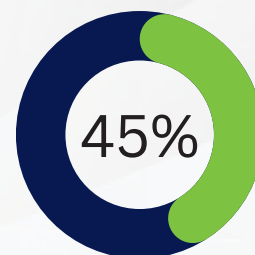
Chronic pain affects 3.4 million Australians



68% of people with chronic pain are of working age



40% of early retirement in Australia is due to chronic pain



45% of people living with chronic pain also experience depression



People with chronic pain are 5 times more likely to be limited in daily activities

What Is Chronic Pain?

Pain is a complex topic, and it's not always as straightforward as stepping on a child's Lego brick and the resulting ouch!

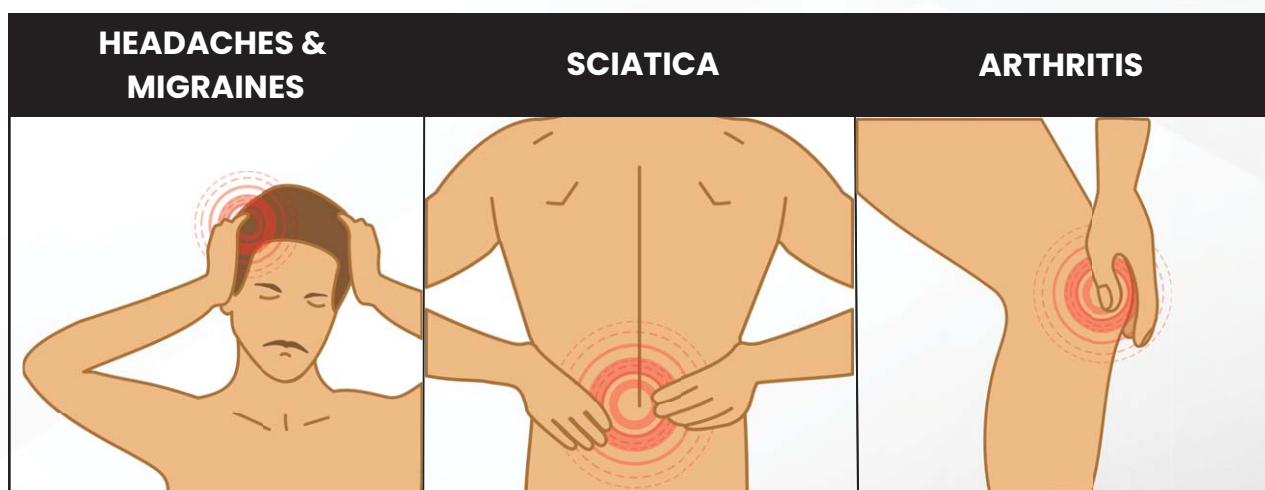
Chronic pain is defined as pain that continues beyond the typical healing period after an illness, surgery, or injury. Generally, pain that occurs most days for longer than three months is considered chronic pain.

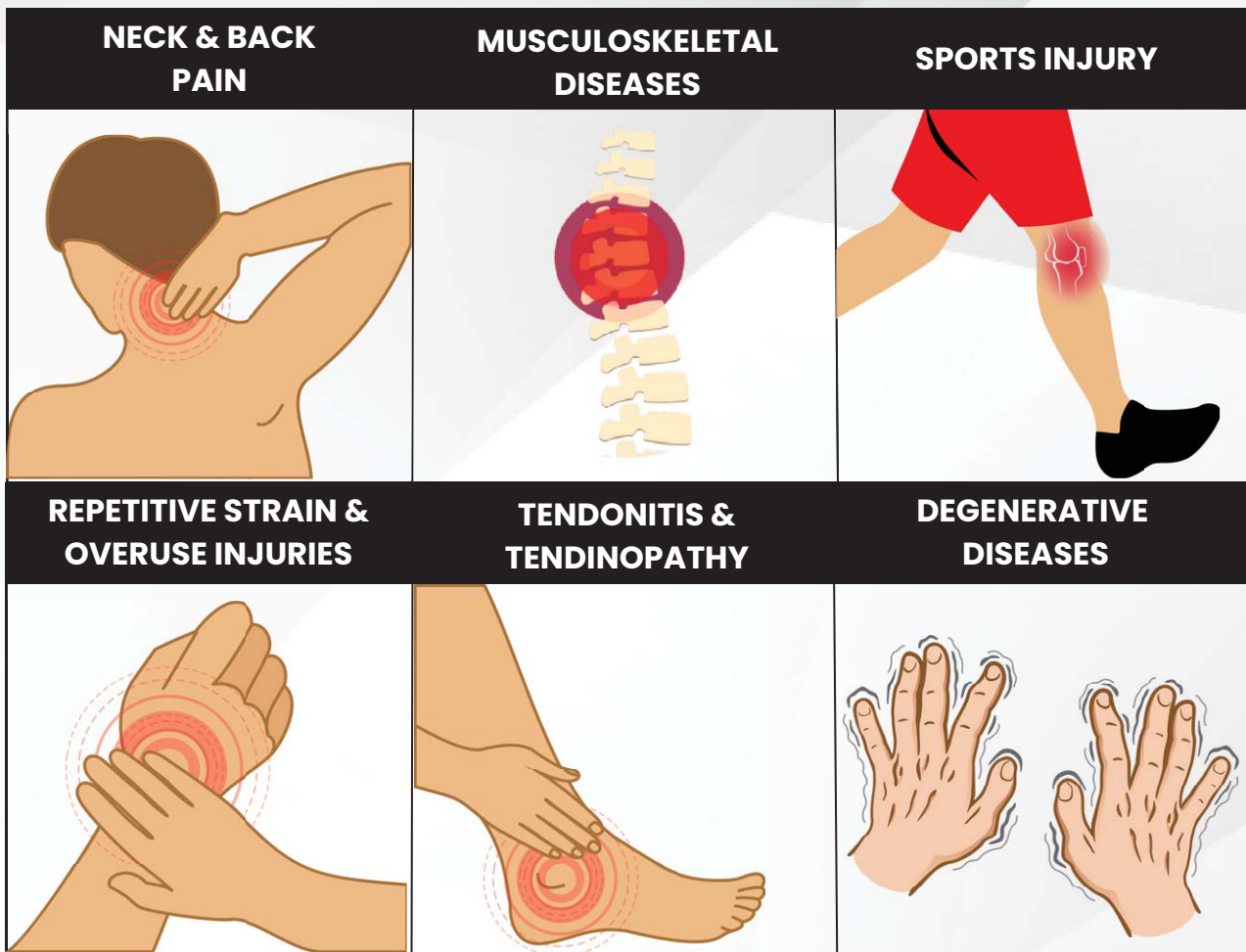
It can occur for a number of reasons, including tissue damage due to an acute or chronic illness or disease, or nervous system changes that result in the nerves continuing to signal pain to the brain after the initial trauma has resolved.

Chronic pain:

- can be a symptom of disease, or a stand-alone condition
- may show no evidence of its existence
- can occur anywhere in the body
- can involve several forms of pain, or just one
- can be daily, or recurrent (such as migraine)

Common Types Of Chronic Pain In Australia



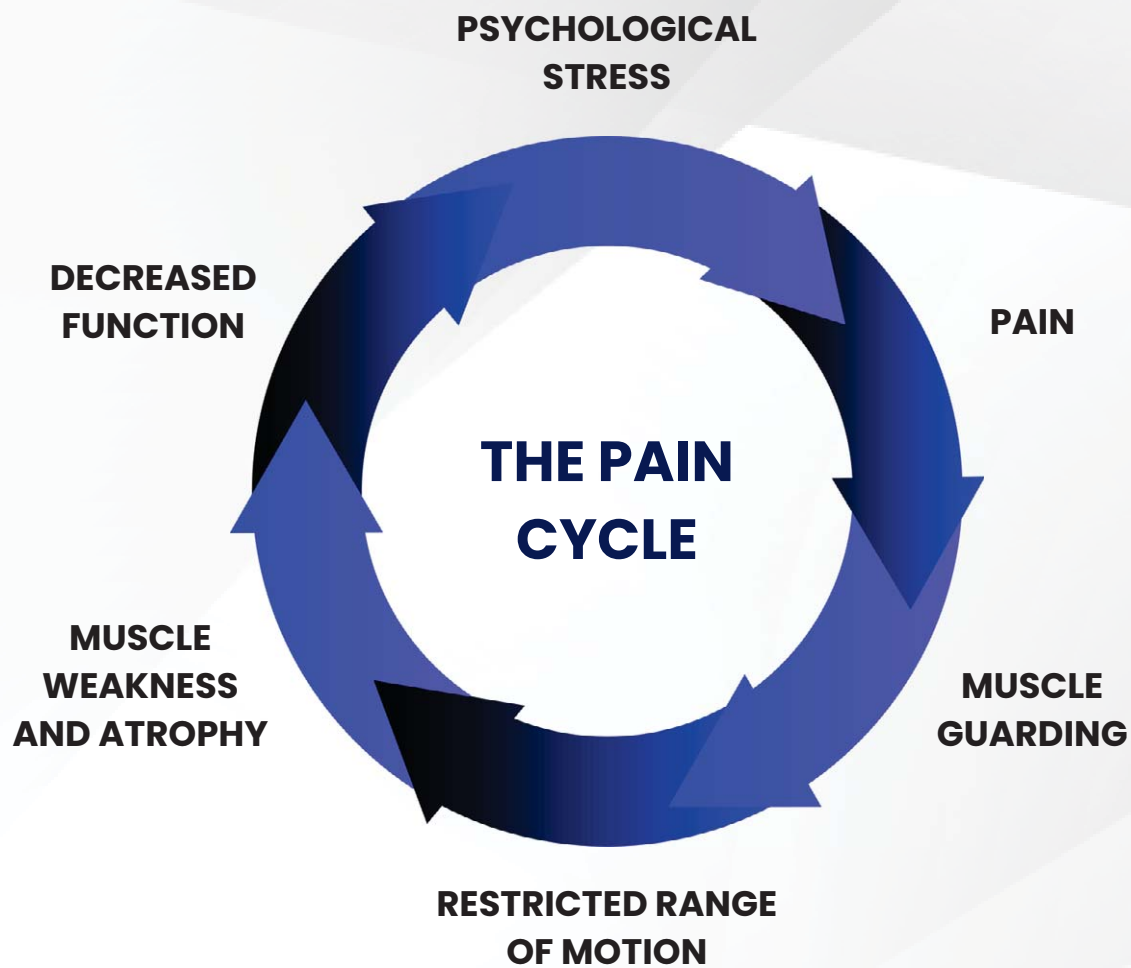


The Chronic Pain Cycle

Over time, chronic pain can cause a person to avoid situations where the pain happens. Which can develop into a fear-driven cycle where a person moves less, and therefore loses their strength, making it even more difficult to get out of their chronic situation.

What's more, the fear and anxiety that is often associated with chronic pain can stop a person from doing other activities that are beneficial to their wellbeing. Such as seeing friends, doing things they enjoy, and participating in life. Which leads to depression and further lethargy... it's a vicious cycle.

It's time to STOP the pain cycle. And take control of your life again!



Your Journey Back To Health

When dealing with chronic pain every day, getting back to a state of good health can seem like a very long road. At Fine Form Physiotherapy, we understand that recurrent pain can be tiring. So you may feel a bit defeated or hopeless, and worry that you'll always feel like this and there's nothing you can do about it.

But that's actually quite far from the truth!

In fact, there is actually a great deal that can be done to help you. But you've got to be the leader in your own journey. There is no silver bullet, no 'quick fix'. You've got to make small efforts every day. Because those small efforts, over time, compound into big strides ahead.

Because the best results come when you understand that you need to play an active role in treating your condition, alongside the health professionals that are treating you.

Practical Ways To Manage Your Chronic Pain

Exercise

When you're in pain, exercise might be the last thing you want to do. But while it may seem counterintuitive, movement helps reduce pain and improves conditioning. Which in turn improves blood flow, nervous system health, and much more.

Plus it gives you a boost of endorphins, which interact with pain receptors in your brain and reduce your perception of pain.

Your physiotherapist can give you suitable exercises that can improve your muscle functioning, which can have a big impact on your long-term outlook.

Be Aware Of Your Triggers

To manage your pain, you must gain an understanding of it. Create a pain journal and note down when you experience your pain. Is it worse in the morning or the evening? Does it flare up after a certain activity?

Knowing your pain triggers allows you to plan your life around them. If your pain is the worst in the evening, schedule your social activities in the morning. If it flares up after sitting in a certain position, use devices such as wedge pillows to support you.

Getting to know your pain more thoroughly can help put you back in the driver's seat of your life.

Use Pacing To Complete Activities

Unfortunately, the world doesn't wait even though you're in pain. You've still got things you need to do; from self-care activities, to work, to taking care of family, and the rest. Pacing is a way that you can still complete these activities without burning yourself out.

Pacing involves performing an activity for a limited block of time, instead of pushing ahead until your pain stops you.

By undertaking a little bit of activity often, you can ensure your activity levels are constant across a day or week; rather than an 'all-guns-blazing' approach (doing a lot and then needing prolonged rest).

Have A Flare-Up Management Plan

Even with the above in place, flare ups may still happen. A flare up is basically an unexpected increase in your pain. Sometimes, it can be due to doing too much physical activity too soon. Sometimes you might have no idea what caused it!

Either way, it's an important part of your overall pain management plan to have a flare up plan for when one occurs.

Your flare up plan might include meditation, rest and relaxation, yoga or stretching exercises, and having a support team that can take things off your hands while you deal with your flare up.

Developing a Flare Up Plan

What are some factors that could cause a flare up? E.g. Things you're stressed about, illness, physical activities

What are my early warning signs? E.g. deflated mood, poor sleep, a change or increase in pain, increased fatigue

What do I need to do to manage my flare ups? E.g. Adopt pacing strategies, adopt a meaningful exercise routine, regular visits with your physiotherapist or remedial massage therapist.

What Other Help Is Available?

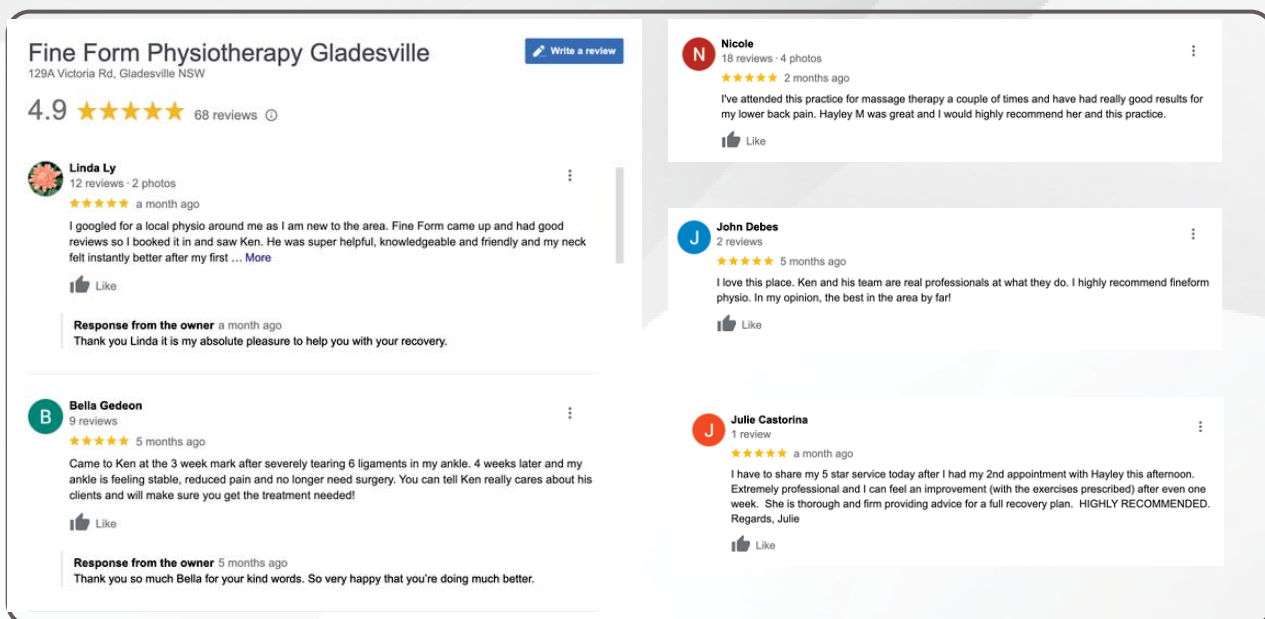
Symptom relief and muscle strengthening are really important parts of your pain journey. They are also important because reducing your symptoms and strengthening your body can allow you to get actively involved in your recovery!

Hands-on treatment or manual therapies such as physiotherapy and remedial massage can help across your pain journey as your pain improves and you work towards your recovery.

Physiotherapy treatment to relieve your pain may include soft tissue massage and stretching to relieve tension and spasm, joint mobilisations, acupuncture, electrotherapy, corrective exercise, and posture awareness.

We recognise that every person's experience of pain is unique to them and as such, we focus on how your bones, muscles, nerves, organs and connective tissues function as a holistic unit.

At Fine Form Physiotherapy, we are advocates for educating our patients to help you understand your pain and how you can help yourself. Our physios will give you strategies on how you can manage your symptoms at home. So you can get on with your life!



Who Are We?

At Fine Form Physiotherapy, we exist to optimise the overall health and wellbeing of our clients with the highest quality care and most personalised attention available. All of our team members embody the following 5 core values: Passion, Respect, Excellence, Trustworthiness and Compassion.

Our physiotherapists are skilled at managing chronic pain, and understand the stress that can result from it.

Since 2011, we've helped over 10,000 residents of Ryde/Gladesville and surrounds to improve their lives, by eliminating their chronic pain.

Our qualified physiotherapists specialise in hands-on therapy, exercise prescription and clinical pilates that can give you the pain relief, mobility, strength and confidence to move about your day to day life freely from the pain and restrictions that have plagued you for so long.

Ken and the team pride ourselves on providing our patients with the ultimate in Physiotherapy care. We offer one on one consultations, with dedicated focus on you and your specific needs in a comfortable and healing environment.

At Fine Form Physiotherapy, we work together with you to design a management plan that will help you achieve your goals and get back to living!

So What's Next?

If you've been living with pain for so long that you've forgotten what it's like to feel like yourself, it's time to start moving towards positive change.

At Fine Form Physiotherapy, we're here to help you gain the freedom that comes with no longer living every day with persistent and debilitating pain.

The first step is to book a 30 minute chronic pain assessment with us. (Value \$107)

The assessment involves:

- A comprehensive subjective and objective exam to assess any underlying causes of your pain based on detailed tests (value \$107)
- Appropriate personalised treatment plan for reducing your flare-ups and moving toward a pain-free future (value \$30)

That is \$137 worth of value for no out of pocket expense if you have private health insurance! No health insurance? No problem. Pay only \$57!

Don't put up with chronic pain - it's time to take back control! Our proven techniques can help you find the relief you need to get back into your daily life.

We look forward to seeing you in the clinic very soon!

BOOK YOUR GAP FREE PAIN MANAGEMENT CONSULTATION NOW

Call 8068 6776

OR

[Click here to book online](#)

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