Physical therapists work with people to help them take control of their pain using several tools including pain education, coping strategies, problem solving, pacing activities, sleep hygiene and relaxation.

**Interpreting pain**
- People with negative beliefs about their pain report higher levels of pain intensity and disability.
- People with positive beliefs of pain have attitudes that positively influence a prognosis.
- People with musculoskeletal pain often view their body as being a fragile or vulnerable structure which is easy to (re)injure.
- People who attribute their pain to a structural cause are more likely to have higher levels of disability and poor recovery expectations.

**Understanding and taking control**
- All activities are good - fun is best!
- I can trust my body
- Movement makes my body strong and healthy
- It's safe to bend and move
- If it hurts - relax, breathe and move normally
- My pain no longer controls me - I can take part in life again
- If my pain flares, my PT has given me the tools to manage it

Physical therapists will help you understand how pain is a built-in alarm system that with chronic pain is often too easily triggered.

They will help you reduce the fear attached to pain and explore long-term strategies to build confidence through engaging in avoided activities that are threatening or painful to regain control.

**Exercise therapy is included in all guidelines for the treatment of chronic pain - ask your physical therapist, the exercise expert**