Physiotherapists 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.

Understanding and taking control

- All lifestyle factors are important (including exercise, diet and sleep)
- 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
- All activities are good - fun is best!
- My pain no longer controls me - I can take part in life again
- If my pain flares, my physio has given me the tools to manage it

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.

Physiotherapists 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 physiotherapist, the exercise expert

Movement for Health
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