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.

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

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