

PAIN MANAGEMENT PROGRAMME

The NHS Lothian Pain Management Programme (PMP) is led by a team of Physiotherapists and Psychologists. It is based on the best evidence for managing persistent pain and is considered to be the “Gold Standard” treatment.

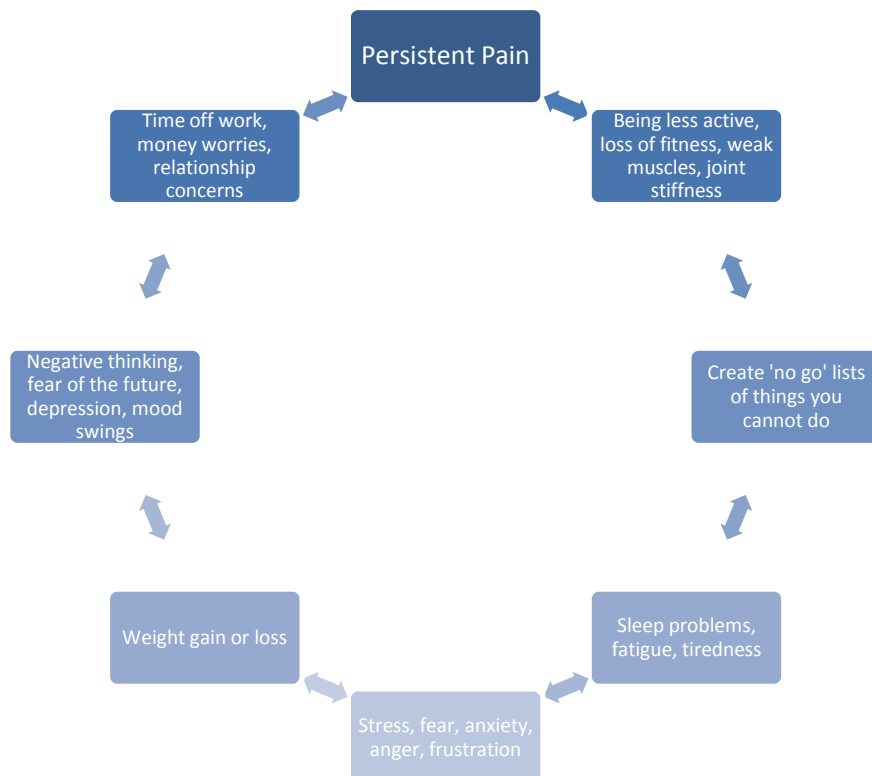
If you think the PMP might be for you, contact your GP to arrange a referral for an assessment

QUICK FACTS ABOUT THE PAIN MANAGEMENT PROGRAMME

- Lead by Physiotherapists and psychologists
- Is the “Gold Standard” for treatment
- Based on the best evidence for managing Chronic Pain
- Teaches strategies to improve sleep
- Teaches relaxation skills to help manage stress and pain
- Helps others understand your condition and support your needs

THE “PERSISTENT PAIN CYCLE”

If you relate to the Persistent Pain Cycle below, the Pain management Programme may be for you.



HOW THE PROGRAMME WORKS

The programme aims to improve your knowledge and understanding of pain and how it works. The physiotherapists work to help reduce fear and anxiety you may have around physical activities which are important to you, while the psychologists help to address the impact pain has on your mood and thoughts.

The programme teaches strategies to improve quality of sleep, and skills to help manage stress and pain. The programme also teaches communication skills, to help others understand your condition and support your needs.