



You no longer have to suffer persistent pain alone. The Turning Pain into Gain program is here to support you with **NEW WAYS** of managing persistent pain and living a full life!

#### Looking ahead: Module 4

- **Food and Persistent Pain - *Can what you eat really help you manage your pain?***

\*Educational material is available. Please bring a tea to share if you can\* Please bring a pen, comfortable for support.

#### Revision of Module 3 – Medical Investigations and Exercise Planning

Key messages from Module 3 were:

- ✓ **How to PACE your exercise program or activity will increase your function and help you reach your goal**
- ✓ **Persistent pain does not have to stop you from doing what you enjoy. A gradual plan can have you exploring some great options over time.**
- ✓ **Everyone will experience “flare ups” but that does not mean re-injury or damage**
- ✓ **Making time to have FUN is therapeutic**

**Key questions to ask when considering CT Scans, MRI Scans or X-rays and Ultrasounds:**

*Will it change my current management plan?*

*How is this scan / test going to help me?*

*How many scans have I had?*

Moving again after an injury can come with fear and reluctance. It takes COURAGE and FIGHT to sometimes get started or to keep going.

Once we start to engage in exercise again, expect that “flare ups” may occur as part of the cycle of rehabilitation as the neural system may be sensitive. “Flare ups” in pain may also help us to find out what our baseline for activity is. Pulling back by 20% can help to achieve a balance between moving at a comfortable level and avoiding over doing things. Gradually increasing from that baseline will help you to achieve more in the long run. One of the hardest things to fine is THAT BASELINE from which to start. Your physical therapist can help.

Care Plans that you can obtain from your GP will help you to access subsidised health services to see a physiotherapist or exercise physiologist. Please discuss this further with your GP. Your individual case management sessions with your pain program Clinical Facilitator can help you to find one of these team members if you do not have one as yet. Our health professional network specialises in persistent pain.

**House Cleaning Tip:**

Set up a circuit involving different short tasks for house cleaning. That way you are not just repeating the same movement or staying stationary for a prolonged period of time. **For example:** Do some vacuuming, then sit down and do some folding, then stand up and do some dusting and then put the washing on the line, then stop for a well earned cuppa!

**Local Announcements and Reminders**

Please also review all supporting material accompanying this module.

**FREE App of the Month: Map My Walk App**

This app on your smart phone can help you track where you have walked, how far, keep you on track with your goals and help to motivate you along!! Try it out!!

