



WAPHA
WA Primary Health Alliance

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

Primary Health Network Persistent Pain Program presents



'Turning Pain into Gain'



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Welcome

Let's start with our brain optimiser tips and tricks



'Turning Pain into Gain'

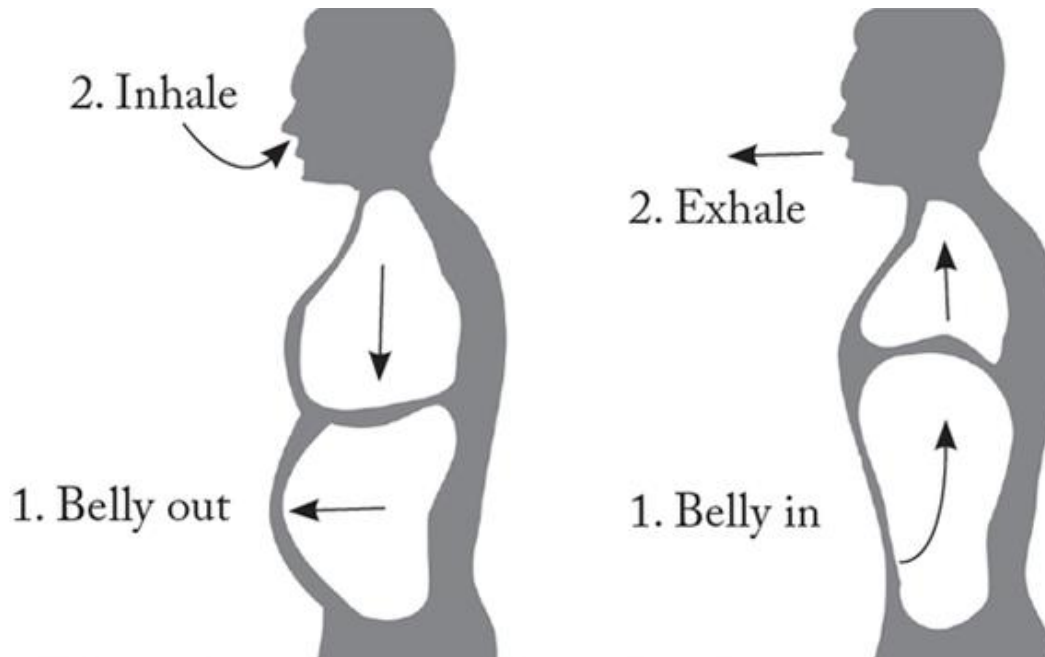
Welcome to Topic THREE

Today's Topic:

- * **Medical investigations: “TO SCAN OR NOT TO SCAN?”**
- * **Movement Planning: How do we move when pain is a prevalent part of our life?**

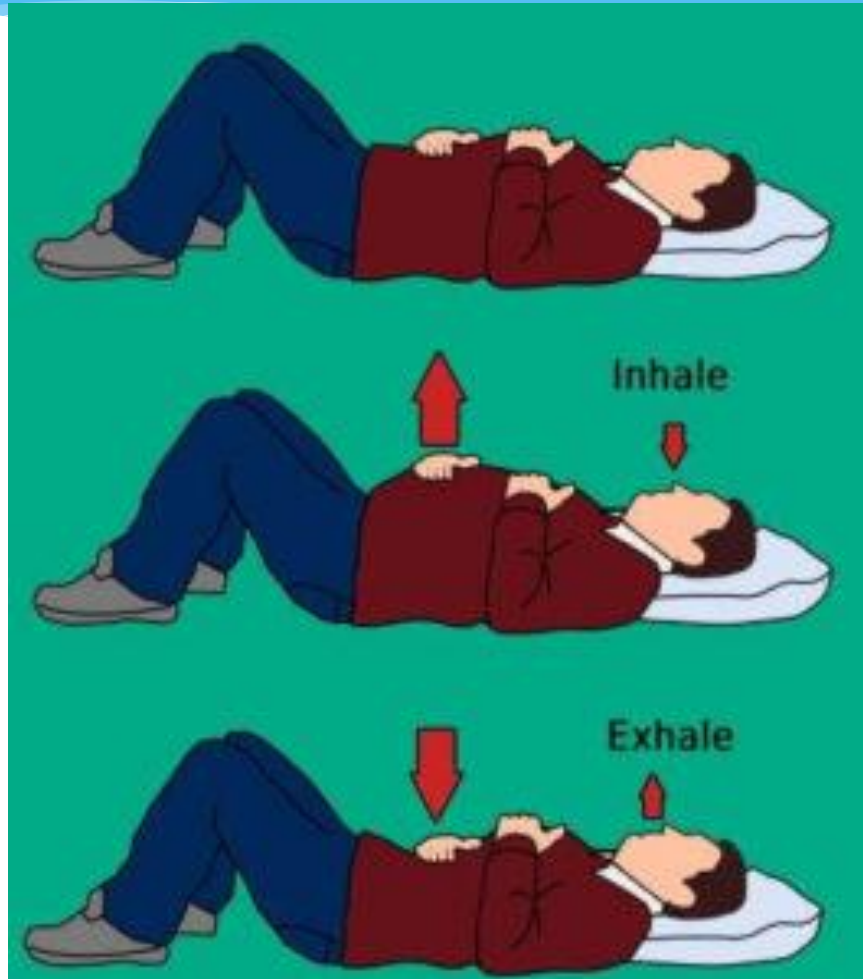
Breathing techniques

* Diaphragmatic breathing



Breathing techniques

- * Diaphragmatic breathing



Understanding Medical Investigations

Understanding medical investigations

Types of Scans

- * X-Rays
- * Ultrasounds
- * CAT Scans
- * MRI
- * Bone mineral density

What do they tell us?

Exclude worrying conditions such as fractures, cancer and infection

SCANS DO NOT SHOW PAIN

Common types of investigations

X-Rays

- * X-Rays are absorbed by different parts of the body and produce shadows on film
- * Bones appear white and soft tissue appear darker
- * Usually to diagnose fractures
- * X-rays cannot see detail such as disc pressing on a nerve or on the spinal cord.



Common types of investigations

CAT Scans

Computerised axial tomography

- * X-Rays are passed through the body and pick up on the other side
- * Significant radiation levels
- * Used in pain to image discs nerve roots spinal canal and ligaments



Common types of investigations

CT Scans

- * Studies show 80 percent of lumbar spine CTs in over 50 year old with no symptoms were abnormal
- * Overused and over interpreted by doctors patients and insurance companies
- * **How is this test going to help me ?**

Common types of investigations

Ultrasounds

- * Shows soft tissues such as muscle tendons cysts and internal organs
- * Shows bone very poorly



Common types of investigations

Ultrasounds

- * Most useful in assessing muscle and some tendon and bursa injuries.
- * Used to assist radiologists for accurate injection into joints or inflamed areas



Common types of investigations

MRI Scans

Magnetic resonance imaging

- * Large magnet used
- * No radiation problems (unlike CAT scans)
- * More expensive and specialist referred
- * More accurate technology
- * Good for diagnosing shoulder, hip and knee injuries and brain tumours



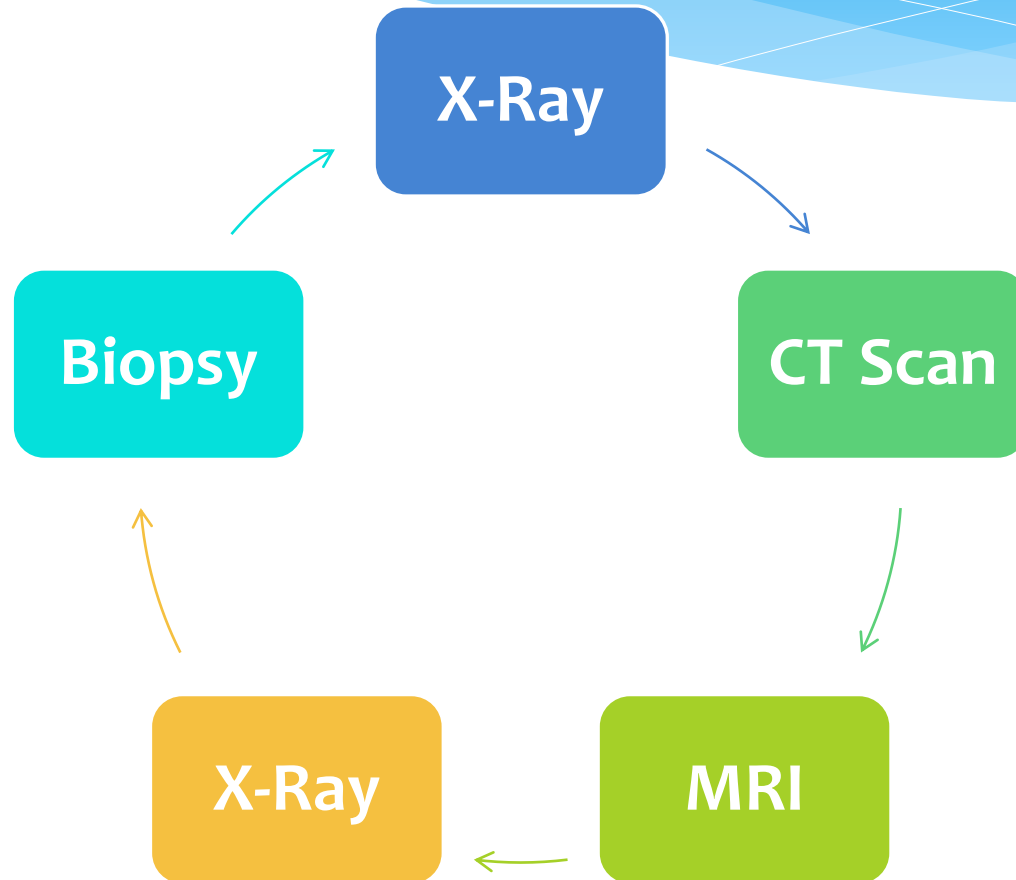
Common types of investigations

Bone Mineral Density

- * Involves injection and then low grade radiation
- * Used to assess for osteoporosis or brittle bones - which can be brought on by prolonged use of opioids



Be cautious of the medical investigation “merry go round”



Key questions to ask when considering scanning:

“How many scans have I had ?”

“How is this scan / test going to help me ?”

“Will it change my current management plan ?”

Stretch break



Movement Planning:

How to move when pain is a prevalent part of our life?

The Goal of Movement

“Although pain may be a part of your life. It does not need to define your life. Learning how to move and how to enjoy activities despite experiencing some form of pain is a fundamental component of successful pain management”

Simone J - 2019 TPIG Pain Program Participant, QLD,

Exercise and your body systems

The obvious benefits:

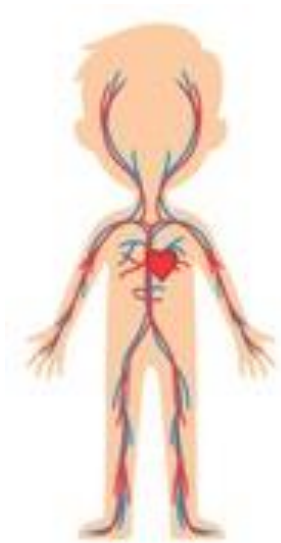
- * Improved muscle strength
- * Endurance
- * Mobility
- * Better joint lubrication
- * Increase flexibility



But wait there are more
benefits.....

Exercise and your body systems

Benefits for other body systems:



- * Cardiovascular
- * Brain
- * Nervous system
- * Hormonal system
- * Immune system

Benefits

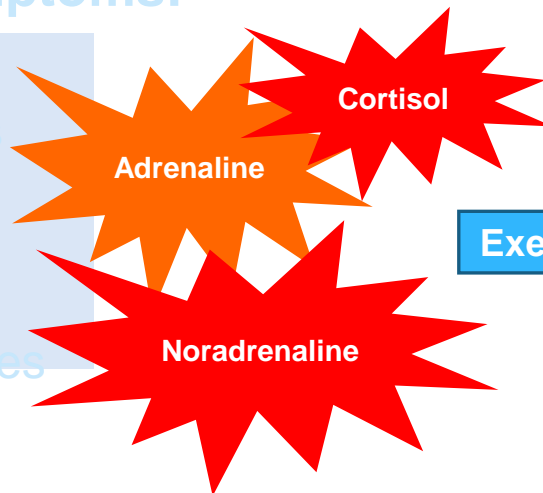
- * Improve sleep
- * Improve mood
- * Reduce stress
- * Reduce anxiety
- * Tolerate pain better
- * Reduce medication use

Health benefits of exercise

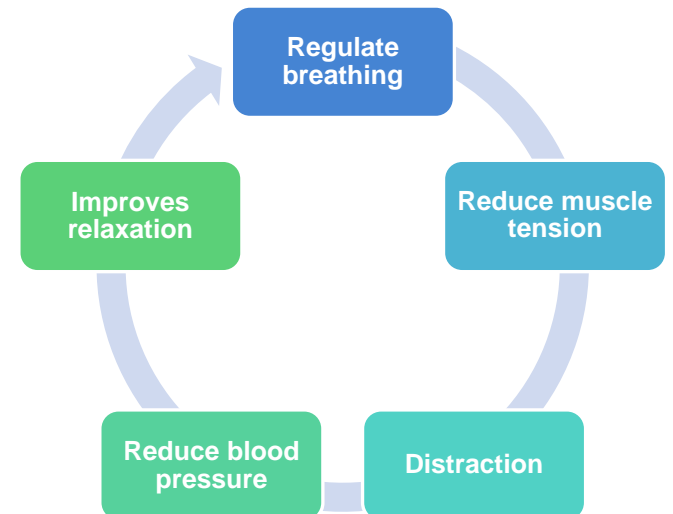
Exercise tames the Fight-Flight Response

Fight-Flight Symptoms:

- A racing heart
- Clenched fists
- Dilated pupils
- Shallow, rapid breathing
- Tensed muscles

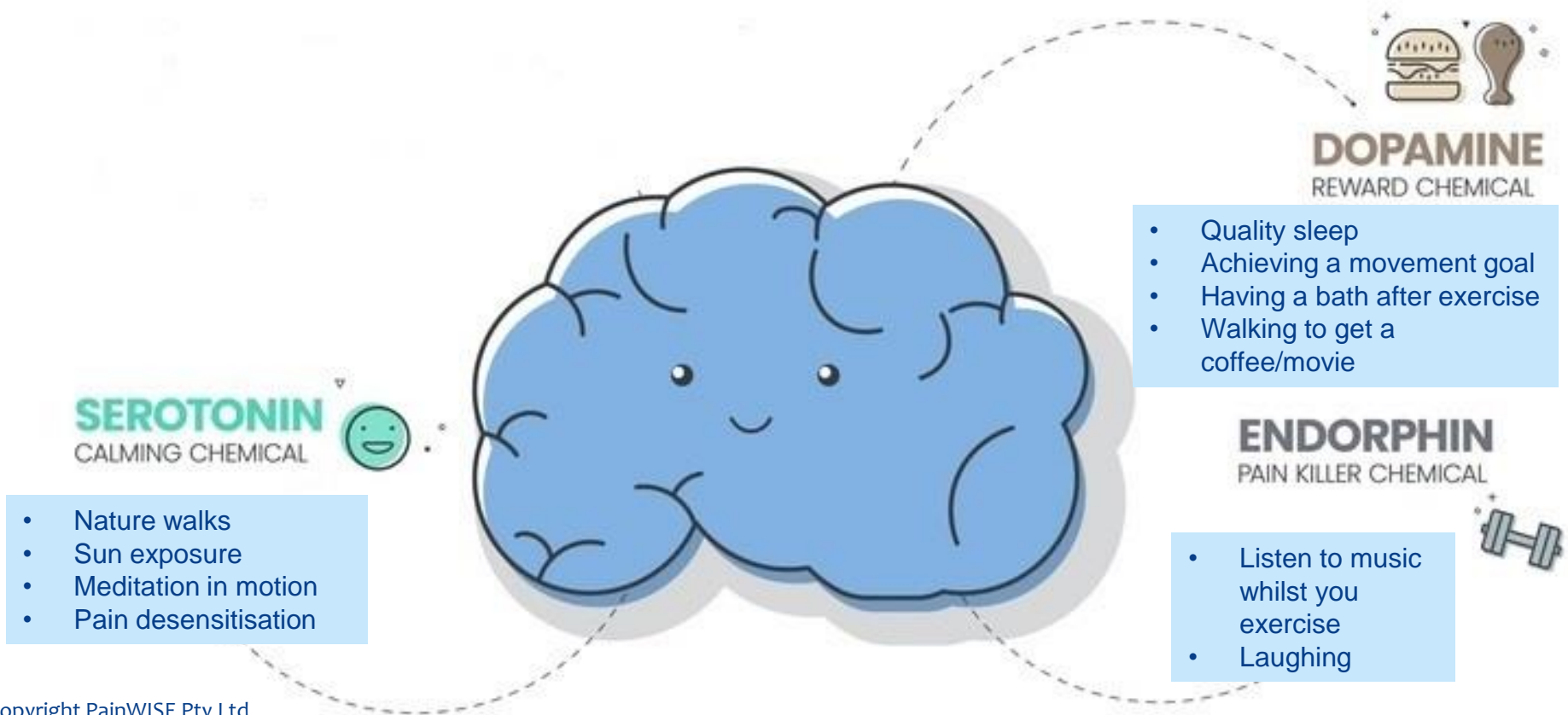


Exercise



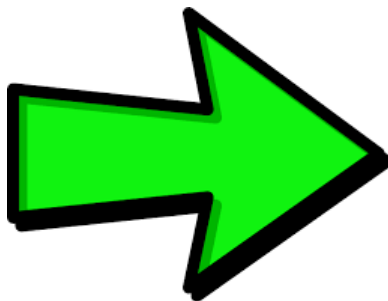
Health benefits of exercise

Exercise releases powerful brain chemicals



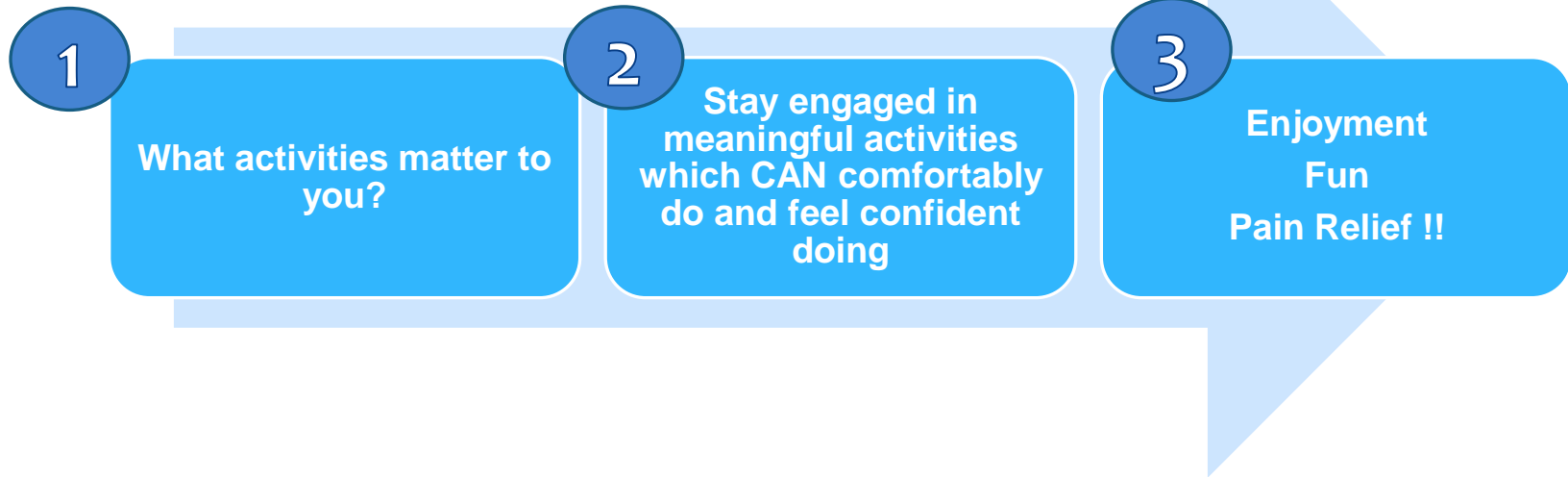
Despite still experiencing pain we want to

- * **Minimise pain intensity with movement**
- * **Reduce secondary changes** e.g. maladapted body systems from the effects of chronic pain
- * **Progress towards an meaningful and purposeful quality of life**



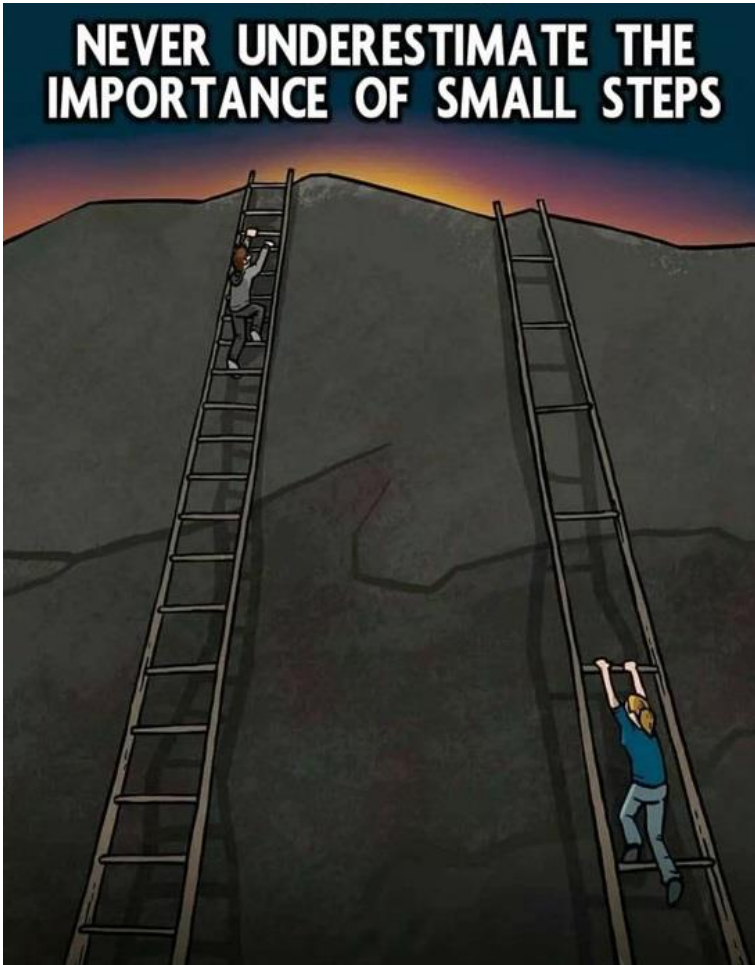
I'm in pain....how do I start to exercise?

* To start off with, moving without any pain may not be realistic BUT pain is not harmful!



I've made a start....how do I take the next step?

NEVER UNDERESTIMATE THE IMPORTANCE OF SMALL STEPS



- Once you have made a comfortable start, increasing your exercise program or improving your movement capacity requires challenging yourself.
- This may result in some pain, but it is not harmful. Having a flare up plan is important!
- Choose exercises and activities that are meaningful to you and apply **pacing techniques**.

Is this really possible?



Mark Inglis



Hugh Herr

What's the Formula.....??

Pacing techniques: Do you 'boom and bust' or 'pace' ?



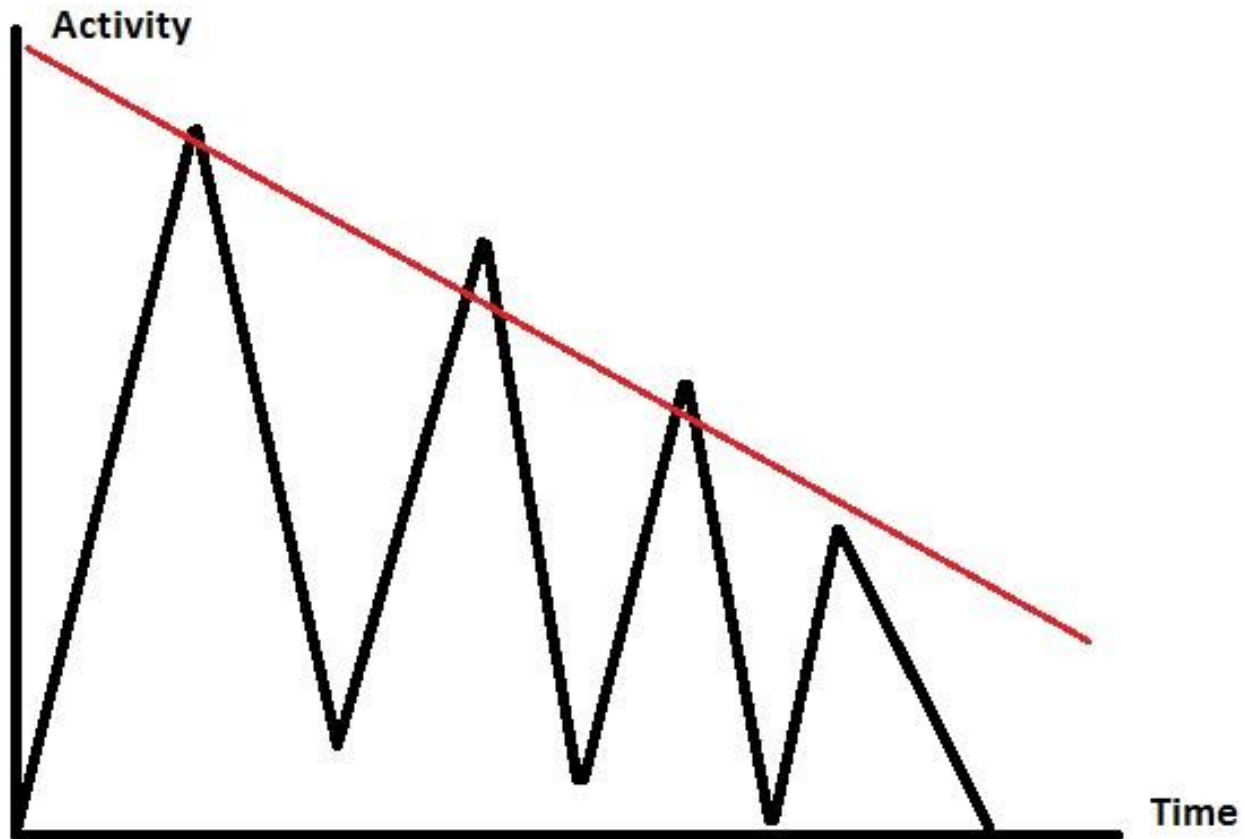
Pacing techniques: Do you 'boom and bust' or 'pace' ?

I feel good,
PACING works
a treat!! Got
so much
done!

Soooo
TIRED!
Now I can't do
anything for
days



“Boom and Bust” Cycle



The 'tortoise's secret' - PACING

1. Choose a task you can manage

- * E.g. Walking
- * E.g. Vacuuming for 10 minutes

2. Choose a baseline goal

- * 20% below your manageable level
- * New baseline goal = 8 minutes of vacuuming

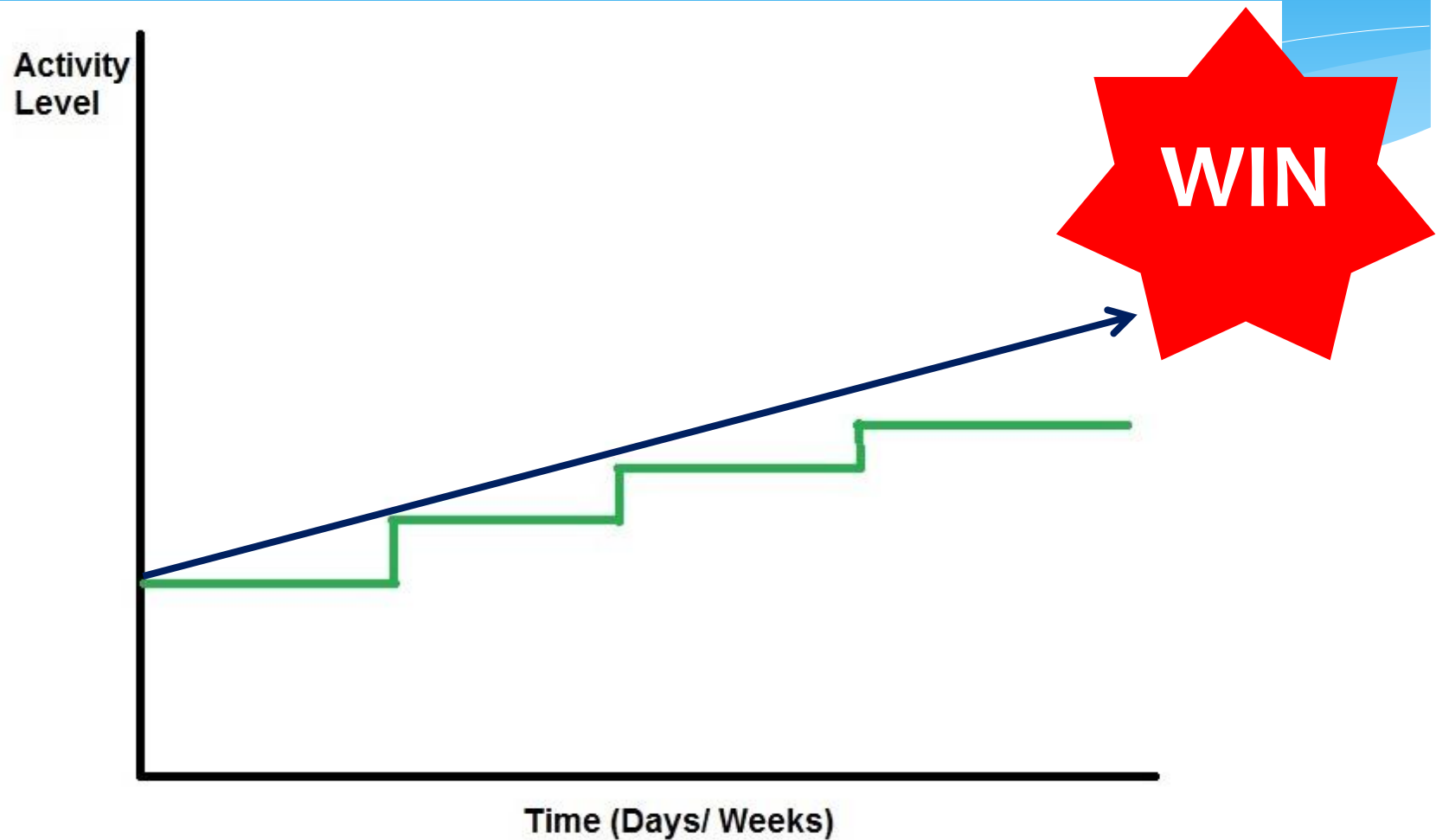
3. Choose a realistic build-up rate

- * Increase by 1 minute of vacuuming each time
- * Take short breaks (more breaks may be required on some days)

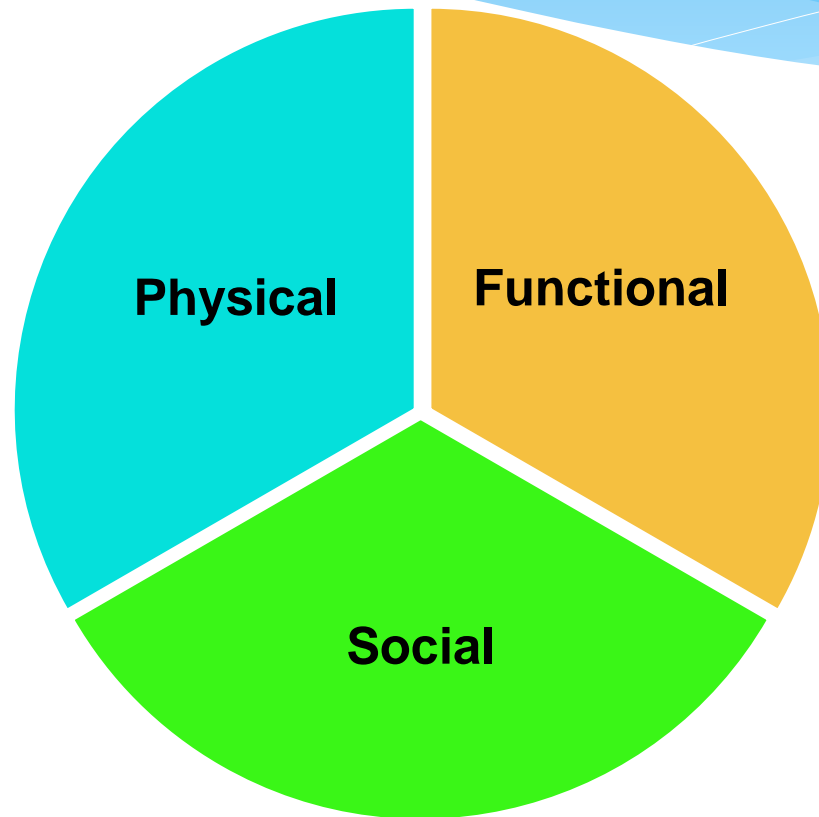
4. Write down your plan and progress

- * Have a daily routine
- * Work through any problems as they occur
- * See how far you have come

The art of Pacing



What **ACTIVITY GOALS** do you have in each of these areas?



Make your movement goals meaningful and FUN!!

Next STEPS.....



Understand your diagnosis, limitations and challenges



Start with what you enjoy most



Set your movement goals and discuss them with a movement specialist (physio or exercise physiologist who understands persistent pain)



Get specific guidance for you in planning towards meeting those movement goals



<https://www.youtube.com/watch?v=l7wfDenj6CQ>