

East Lothian Physiotherapy Pain Management Service

Pain Management Group Information

What does the group do?

The pain management group supports individuals living with constant pain. The group aims to help you explore ways of reducing the impact pain has on your quality of life and engage in the areas of your life that are important to you, given your ongoing pain.

The things you will learn in group will help you manage your pain. This includes:

- Helping you understand your pain
- Pacing your activities
- Managing activity and exercise
- The interaction between stress and pain
- Improving sleep
- Managing thoughts
- Understanding pain medications
- Managing flare ups



When are the groups?

We run a group when there are enough people who wish to attend.

The group meets:

- For 2 ½ hours a time
- Over 6 sessions

How many people are in the group?

There will be between 5–10 people in the group.

Is it important to attend all the meetings?

It is hard to catch up if you miss a session. Please try to attend every session. If you feel you have missed too much, you may be able to come to the next group.

What does it cost?

The sessions are free. You might want to bring some money for a drink as the group usually has a break.

Who takes the group?

A Physiotherapist with specialist pain training will lead the group.

What do I wear?

Wear your normal clothes.

Where are the groups?

The group sessions run in the East Lothian Community Hospital. Ask your therapist regarding any local groups running in your area.

What happens after the group finishes?

You will be encouraged to carry on using the things you have learned in the group. There are other voluntary groups which can help you with this. Details will be given at the group.

There are specialised classes and fitness programmes run within East Lothian we can refer you to. You will be given more details about this during the pain management group.

You can contact us on:

01620 642920

We look forward to meeting you and working with you.

Further information

Physiotherapy staff are there to help you. Please do not hesitate to approach any one of us for assistance at any time.

Helpful Websites:

- Ten Footsteps to Living Well with Pain: livewellwithpain.co.uk
- Flippin' Pain: flippinpain.co.uk
- Retrain Pain Foundation: www.retrainpain.org



Public Transport and Travel Information

Bus details available from:

Lothian Buses on **0131 555 6363** or www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or www.travelinescotland.com

Train details available from:

National Rail Enquiries on **03457 484 950** or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hour answer service).