



PAIN MANAGEMENT

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

WHY IS IT IMPORTANT?

Living with a long term health condition can involve living with pain of some kind. Long term or chronic pain can affect our mood and can mean affect the rest of our life. We've put together this list of online resources to help you manage your pain.

<u>NHS Advice ways to manage chronic pain</u>	Advice based on the latest research about ways to manage chronic pain.
<u>The Pain Toolkit</u>	Website full of information and advice on self-management techniques for pain management including this set of videos.
<u>Crystal Palace Physios</u> Contact: 020 8778 9050	From 3rd April 2018, if you are a registered with a Bromley GP and are 18 years or older and have back, neck, joint or general muscle problems you can now self-refer to physiotherapy without a GP appointment.
<u>The British Pain Society</u>	This website is primarily aimed at healthcare professionals but there are pages for people living with pain. Site includes information about the latest treatment plans and options.
<u>Pain Concern</u> Help Line 0300 123 0789	Website packed full of information and advice including podcasts videos and information leaflets.
<u>Understanding Pain in 5 minutes</u>	Easy to follow video explaining our current understanding of the causes of chronic pain.

SELF CARE TIPS

KEEP A PAIN DIARY

Keeping a diary can help you understand your pain, identify any triggers and keep track of what eases your pain.

PRACTICE PACING

Plan what you're going to do and don't over-exert yourself. Try to break tasks which feel difficult down into smaller chunks, and alternate easier and harder activities or spread them out through the day.

KEEP MOVING

Keeping active to help maintain your strength and flexibility. Physical movement can help to relieve pain. Just be aware of your limits.

TRY RELAXATION AND DISTRACTION

Relaxation techniques such as breathing exercises, mindfulness and meditation have been shown to relieve pain. Distracting yourself with these techniques or another activity such as reading or doing something creative has been shown to relieve pain.

REDUCE YOUR DRINKING AND TRY TO STOP SMOKING

Both these things affect your nervous systems sensitivity.

BE AWARE OF YOUR MEDICATIONS AND WHAT THEY ARE FOR

**To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer**

**Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk**