

## Module 3: Lecture 7. Physiotherapy pain management in patients with chronic pain

### Introduction

Physiotherapy is an integral part of pain management, with the goal of facilitating functional independence and performance, community inclusion and participation in life roles. Reducing risk factors for persistent pain should also part of the plan. For this purpose patients are often given a (psychologically informed) exercise programme, which may be generic, or focused on achieving specific functional goals /movements. At the present time there is no agreed upon approach and it is still unclear which is the best approach, as the specific physiotherapy contribution in an interdisciplinary approach cannot be teased out from the available literature.

### Learning Outcomes Mapped to EFIC Pain Physiotherapy Curriculum

Part 3 Treatment;

- 3.2 Education
- 3.3 Behavioral therapies
- 3.4 Exercise

**Preparation:** Think about how you assess patients with chronic pain- what do you look for to be able to start a treatment plan?

**Content:** I will discuss the measurement of physical activity in patients with chronic pain and the correlation with relational factors, such as depression and fear. From there we will have a discussion on the available evidence on exercise in patients with chronic pain and arrive at a discussion on how we feel patients with chronic pain should be treated by physiotherapists.

### Follow up / suggestions for processing and practice

Ask yourself how you will apply what you have learned in this presentation to your clinical practice.

### Reference material:

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