Walton Centre Pain Management Programme  Physiotherapy Sessions

The physiotherapy team at the PMP specialise in helping patients regain more normal movement, and promote their confidence to exercise safely and independently. This is done using ‘hands off’ methods, which seek to educate patients on the benefits of regular, low-intensity exercise, and maximise their physical capacity.

Daily exercise sessions are introduced to build gentle, graded programmes which are realistic and achievable, and are designed to help with day to day functioning. Our physiotherapists understand chronic pain patients’ concerns regarding exercise and movement, offering guidance and advice in a supportive environment that allows patients to allay any fears they might have. An emphasis is placed on patients taking ownership of their routines and developing an interest in, and understanding of, other exercise options. This is in keeping with the principles of better self-management for the longer term.

The team is therefore able to deliver further exercise options such as pilates, gym ball classes, normal movement sessions and exercises in water in the appropriate cases. These sessions again are carefully pitched at the appropriate level for the group.

Educational talks supplement these practical sessions and provide a forum for group discussion on key topics such as anatomy, posture, benefits of exercise, sustaining exercise and coping with flare ups.

Our aim is not the reduction or relief of pain. Instead we work with patients to regain their confidence to move and reap the benefits from regular use of exercise. Such reactivation can lead to a marked improvement in quality of life and a reduction in distress and disability.