

Functional Management with Pain

The Functional Management with pain course, is a 12 session course, each session lasts for 2hrs, where you have the opportunity to work with a specialist occupational therapist, to analyse all aspects of your home and work environments, your daily routines and even your support networks and strategies in relation to your pain.

Through this analysis you will be able to determine what benefits you and what hinders you in managing your pain. This will then allow you to develop your own, bespoke, pain management programme which fits with your unique set of circumstances.

In many pain management programmes the focus is trying to control the pain to minimise its effects of your daily routines. The functional management with pain course reverses that and looks at how your environments and daily routines impact on your pain.

You will work in partnership with the occupational therapist to analyse your physical, social and psychological environments, and your daily routines and activities. You will then be able to look at them objectively to determine if they are beneficial to you and how they can be adapted to have a positive effect on your pain.

After the analysis, you will then be supported by the occupational therapist to put these changes into practice, to determine if they are right for you. This way you can practice skills and techniques in real time and within your own environments to enable you to establish what really works for you.

This information is entered into your own functional management work record and will be reviewed by the occupational therapist through the use of some standardised assessments to provide you with relevant feedback on your progress.

Finally the occupational therapist will assist you to develop your own pain management programme and support you to implement this with friends, family, work colleagues, employers and other support networks.

Following a referral, you will be assessed by an occupational therapist on the impact your pain has on your daily activities and function. This is completed through a series of standardised assessments and discussion and lasts about 1 ½ hrs. This will then provide you with a baseline to which you can measure your progress during the following 12 sessions.