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facts about pain prevention



1

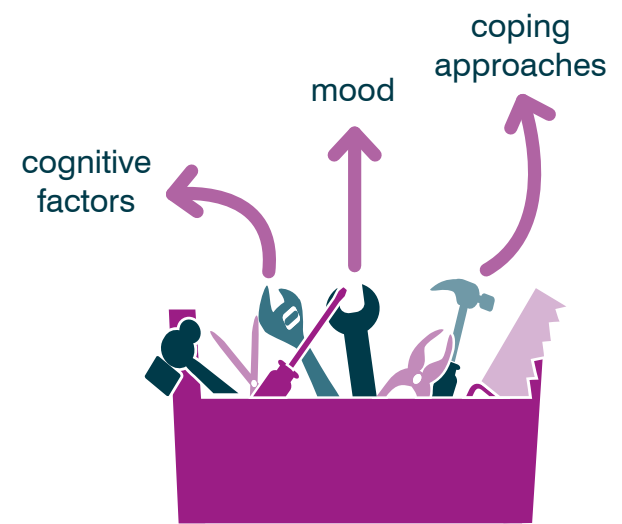


Understanding pain can guide your management approach

Pain prevention requires a multimodel, person-centred approach:

- use language to reduce catastrophising & fear of movement
- provide helpful interpretation of radiological findings
- encourage patients to stay active
- deliver targeted reassurance
- provide pain education

2



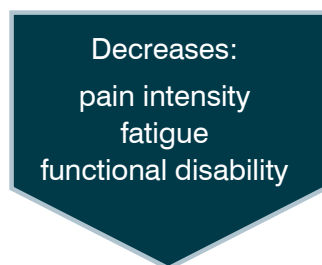
Early screening for risk factors may help prevent the transition to chronic pain

Screening tools can assist with early identification of risk factors and guide appropriate treatment.

3

Regular exercise is beneficial for people with chronic pain

Physical activity and exercise has broad positive physical and mental health benefits.



4

Immune-boosting strategies can counter chronic pain

Prevention and management is aided by:

- a healthy diet high in polyphenols and omega-3 fats
- sleep, glorious sleep!
- stress reduction



5

Psychological/behavioural therapy can be effective in preventing and managing pain

Behavioural and cognitive interventions are effective in reducing pain and disability in many pain conditions.



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