

Reconnect2life Pain education short courses

Tai Chi for health 4 week short course

This 4 week short course will introduce you to the Tai Chi form of Shibashi Qigong. Tai Chi has been shown to benefit balance, flexibility, muscle strength, relaxation, stress reduction, emotional well-being and increase energy levels.

Self management next steps workshops

Self management is an important part of moving forwards with your Pain condition. These workshops are designed to help you to get started with learning about what pain rehabilitation can do for you: what matters to you, and getting started with goal setting and forming a rehab plan.

Further therapies and self management options will be considered and may include gentle exercise and movement approaches and psychological therapies.

To book onto a seminar, next steps workshop, or set up a 1:1 consultation with us:

For all of the above options please contact our admin team on 01803 654309 between 09.30 and 13.00 or email:
sdhct.PPM@nhs.net.

All referrals will only be activated once you have made contact with us.



Torbay and South Devon **NHS**
NHS Foundation Trust

Physiotherapy Pain Rehabilitation Team

ReConnect2Life



**PATIENT
INFORMATION**

Contact
Tel: 01803 654309
Email: sdhct.PPM@nhs.net

www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/

Reconnecting 2 what matters:

Living with persistent pain can be overwhelming. Knowing what you may need to change and how to go about it can be challenging. As pain physiotherapists, and physical activity specialists, we want to support you to improve your knowledge and understanding of your pain and help you to develop a range of skills and techniques which are aimed at 'soothing' your pain system.

We can help you to set goals that reconnect you with the person you want to be, without pain getting in the way. There are many ways to become more active without 'winding up' your pain system. We want you to enjoy exercising again and learn how to boost your activity and energy levels. There are many reasons why we can get stuck and feel that we are not making the progress we would like to. These may include common problems with:

- * Low motivation
- * Low energy and poor non-refreshing sleep
- * Feeling frustrated and bored
- * Stuck in an overactivity-rest trap
- * Feeling stressed and worried
- * Fighting the injustice of having pain.

Focusing on what is important to you in your life will guide you to make good decisions about your healthcare. It is important to find ways of taking a more long-term approach to your pain, to enable you to move forward. We would like to support you to develop your own framework of skills to build upon.

Reconnect2life Pain Education Seminars

The seminars run from Torbay Hospital (Horizon Centre) and Newton Abbot Hospital (meeting room) and last for up to 90 minutes. They are education seminars, and there is no pressure or expectation to speak or interact with other people whilst you are there.

Understanding pain

This seminar will increase your understanding of the complexity of pain, and how the pain system can go on 'high alert'. We would recommend that you attend this seminar first if possible.

Activity management

This seminar will describe different approaches to help you increase your exercise levels. Opportunities to reflect on what drives your current activity patterns and how effective they are to keep doing what matters to you.

Sleep management

This seminar will help you understand normal sleep patterns, gain insight into how our thoughts can influence sleep and explore practical hints and tips for sleep management.

Getting started with exercise

This seminar will explore the reasons why exercise is an essential part of living better with persistent pain. Consideration will be given to what type of exercise suits you, and how to use a framework approach to consistently improve what you are currently doing. You will be given information about how to do exercise movements in a way that is acceptable to you. You will be given a directory of what's on in your local community.

Coping with the emotional impact of pain

This seminar will be delivered by a member of the pain psychology team. It will give you more awareness of the impact of pain on your life and offer practical strategies for coping better. Please note that if you are already on the one-to-one waiting list for pain psychology, this seminar would not be appropriate for you to attend.