

Resources to help you manage your pain

Revised April 2006



Books

Please note, most of these books can be ordered from book shops, libraries or online retailers. However, where appropriate, the individual supplier is listed for the few books that can be ordered direct. **Please do not order them from Arthritis Care unless it is specifically listed as the publisher or supplier.**

Coping Successfully With Pain

Written from first-hand experience of pain, it describes techniques to take control of your life, including exercise and relaxation.

Author: Neville Shone
Sheldon Press, 2002
ISBN 0859698505

Pain Relief Handbook: Self-Help Methods For Managing Pain

Written by the director of the Liverpool Centre for Pain Relief and a journalist, to help people with chronic pain take control. The cycle of pain and inactivity may be overcome with exercises and an understanding of the subconscious.

Author: Chris Wells & Graham Nown
Vermillion, 1996
ISBN 0091813719

Beating Back Pain: A Practical Self-Help Guide to Prevention and Treatment

A comprehensive guide to preventing, treating and overcoming back and neck pain. Covers orthodox, alternative and self-help methods including pain management.

Author: J Tanner
Dorling Kindersley, 1987
ISBN 0863182240
Out of print, but try your local library.

Treat Your Own Back

Explains self-help measures to improve back pain.

Author: R McKenzie
Spinal Publications Ltd, 5th Edition, 1997
ISBN 0959804927

Treat Your Own Neck

Explains self-help measures to improve neck pain.

Author: R, McKenzie
Spinal Publications Ltd, 1995
ISBN 0473002094

**Audio-cassette tapes**

(Availability of audiotapes was correct at time of information checking)

Coping With Pain

Pain Relief Foundation (40 minutes)

Presented by Simon Weston and Magnus Magnusson.

Side one describes many of the techniques used in the Pain Management Programme at Walton Hospital, Liverpool. People with arthritis and other conditions talk about how they learned strategies for coping with their pain. Side two has a relaxation programme for pain to follow at home.

Feeling Good: How To Feel Better About Yourself

Pain Relief Foundation (120 minutes)

Describes proven techniques for improving your self esteem and assertiveness, helping you to feel better about yourself and plan your life more successfully and happily.

The Relaxation Kit

Pain Relief Foundation (80 minutes)

A collection of four different relaxation programmes, the kit is a useful additional tool for those who have mastered the pain tapes and wish to embrace a healthier lifestyle. It is valuable in helping anyone to relax regardless of whether they are in pain or not.

These audiotapes are available from:

The Pain Relief Foundation
Clinical Sciences Centre,
University Hospital,
Aintree,
Lower Lane,
Liverpool H9 7AL
Tel. 0151 529 5820
www.painrelieffoundation.org.uk

Complete Relaxation (Audio-CD)

Presented by Glen Harrold.

The CD guides the listener into a relaxation, and includes creative visualisation.

Publisher: Diviniti Publishing, 2000
ISBN: 1901923215

Relaxation techniques

Relaxation techniques can help you to cope and reduce your pain, to reduce muscle tension and focus away from your pain. This will also help to reduce your stress level.

Once learnt, relaxation techniques can be used as and when you need them, to give you some control over your pain. There are a variety of relaxation techniques including progressive muscle relaxation, autogenic training, biofeedback (usually with a doctor or therapist), hypnosis and imagery. Different techniques suit different people, so if you do not find one method helpful, try another.

Finding classes or therapists teaching the different methods together with deep breathing exercises could be the most beneficial. Ask your GP about what is available through the NHS. Classes are available in most areas, and your local library can give you information on this.

Pain clinics

Some hospitals have pain clinics which run special pain management programmes. You need a referral from your GP or consultant. Ring NHS Direct (0845 4647) to find out if there is a pain clinic in your area, or you can write to The British Pain Society, enclosing a self addressed envelope, clearly listing your postcode, and you will be sent a pain clinic listing. Write to:

The British Pain Society
21 Portland Place
London W1B 1BY
Tel: 020 7631 8870
www.britishpainsociety.org.

Pain organisations

Pain Concern
PO Box 1356
Haddington
Edinburgh EH41 4YD
Tel: 01620 822 572
www.painconcern.org.uk
Provides information and helpline for people in pain.

BackCare
16 Elmtree Road
Teddington
Middlesex TW11 8ST
Tel: 020 8977 5474
www.backcare.org.uk
Provides information and encourages self-help by people with back pain.



Equipment to help you manage pain

Back shops

Specialist shops around the country sell equipment, such as The Back Shop (14 New Cavendish Street, London W1G 8UW, 020 7935 9120, www.thebackshop.co.uk). Look in your local telephone directory, or contact your nearest Disabled Living Centre for information. For contact details of your nearest Disabled Living Centre, phone Assist UK on 0870 770 2866 or www.dlcc.org.uk.



McKenzie rolls (support cushion for posture control)

You can get suppliers contact details from the Disabled Living Foundation (DLF) helpline 0845 130 9177, Monday to Friday, 10am-4pm. www.dlf.org.uk

TENS machines

TENS machines (Transcutaneous Nerve Stimulation) deliver small electrical pulses to the body via electrodes placed on the skin. This is thought to help ease pain.

Some pain clinics supply TENS machines and you can ask your GP for a referral to a clinic. A physiotherapist will show you how to use the machine and how to place the electrodes.

There is a variety of TENS machines available and it is a good idea, if possible, to seek advice from your doctor or physiotherapist. Some companies ask for a signed recommendation from a physiotherapist or GP before allowing a purchase. Remember that TENS machines are now exempt from VAT, so you should ask for a tax-claim back form from the supplier. For more information, please see our factsheet: TENS machines – an electronic method of pain relief.

Heated pads and cold packs

Heated pads and cold packs can be an easy, effective and inexpensive way to manage pain. Cold packs are primarily used to reduce swelling and can be used in conjunction with heat to aid your recovery as swelling begins to subside. Heat increases the blood circulation and can help to relieve sore, stiff muscles and joints.

You can buy cold packs and heated pads from most sports shops, pharmacies or supermarkets. You can also make your own cold packs and heated pads, quite easily. For more information, please see our factsheet: Home treatment for pain relief: heated pads and cold packs

Note

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Arthritis Care

Arthritis Care is the UK's largest voluntary organisation working with and for all people with arthritis.



Our publications are just one of the many services Arthritis Care provides. These include a confidential helpline, self-management and awareness training, information for people with arthritis and health professionals, and local activity and support. We also campaign locally and nationally to help change attitudes and laws and to ensure people with arthritis have access to the treatments and services they need and deserve.

Contact us

For confidential information and support, contact the Arthritis Care Helpline

Freephone: 0808 800 4050

10am-4pm (weekdays)

Email: Helplines@arthritiscare.org.uk

For information about Arthritis Care and the services we offer, contact us at:

www.arthritiscare.org.uk

Arthritis Care UK office and England regional services:

Tel: 020 7380 6500

Central England email: CentralEngland@arthritiscare.org.uk

North England email: NorthEngland@arthritiscare.org.uk

South England email: SouthEngland@arthritiscare.org.uk

Arthritis Care in Northern Ireland

Tel: 028 9448 1380

Email: Nireland@arthritiscare.org.uk

Arthritis Care in Scotland

Tel: 0141 954 7776

Email: Scotland@arthritiscare.org.uk

Arthritis Care in Wales

Tel: 01239 711883

Email: Wales@arthritiscare.org.uk