

Resources to help you manage your pain

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Books

There are many books about arthritis, some excellent but others misleading or inaccurate. The books listed in this factsheet have been found useful by both Arthritis Care's helplines and information teams. These books can be ordered from bookshops, libraries or from online retailers. We have listed the ISBN number so you can find them more easily.

Remember that books can help you to make the best use of professional advice, but are not a substitute for it.

Please note: this list is provided for information only. Arthritis Care does not stock these books except where mentioned.

Managing Arthritis Pain

Explains what causes arthritis pain and how to manage it with prescribed medication and complementary therapies.

Author: Jo Clough

Publisher: Class Publishing, 2006

ISBN: 1859591221

Manage Your Pain

Hints, tips and techniques for managing long-term pain.

Author: Dr Michael Nicholas

Publisher: Souvenir Press, 2003

ISBN: 0285636790

Coping Successfully With Pain

A first-hand account of some techniques to help you take control of your life - includes exercise and relaxation techniques.

Author: Neville Shone

Publisher: Sheldon Press, 2002

ISBN: 0859698505

Pain Relief Handbook: Self-Help Methods for Managing Pain

Helps people with chronic pain to take control of the cycle of pain and inactivity with exercises.

Author: Chris Wells & Graham Nown

Publisher: 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

Publisher: Dorling Kindersley, 1987

ISBN: 0863181635

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Treat Your Own Back

Explains self-help measures to improve back pain.

Author: R McKenzie

Publisher: Spinal Publications, 6th Edition, 2006

ISBN: 0958269203

Treat Your Own Neck

Explains self-help measures to improve neck pain.

Author: R McKenzie

Publisher: Spinal Publications, 2nd edition 2006

ISBN: 0958269211

Understanding and Managing Pain

This booklet explores how to get the best out of the patient and healthcare professional partnership. It looks at what pain is, what can be done about it and who can help.

Author/Publisher: The British Pain Society, 2010

ISBN: 978-0-9551549-9-0

Audio-cassette tapes or audio CD

(Availability of audiotapes was correct at time of going to print)

Living With Pain

Arthritis Care (72 minutes)

Explains how pain can affect people with arthritis, explores different ways of controlling pain, and ways you can learn to manage your own pain. Available from Arthritis Care for £5, (inc P&P).

Coping With Pain

The 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 to follow at home.

Feeling Good: How to Feel Better About Yourself

The 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

The Pain Relief Foundation (80 minutes)

This collection of four relaxation programmes is a useful tool for people 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.

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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 relaxation and includes creative visualisation.

Publisher: Diviniti Publishing, 2000

ISBN: 1901923215

Relaxation techniques

Learning relaxation techniques can help you to reduce your pain and cope better with it. Relaxation helps to reduce muscle tension, reduces stress, and takes your focus away from your pain.

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.

Try to find classes or therapists teaching the different methods together with deep breathing exercises. 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.

Arthritis Care pain courses

One way you can learn to manage pain is through Arthritis Care's self-management programmes. These include the six-week Challenging Arthritis programme, which will provide you with lots of ideas for managing your arthritis and taking control of your life, and the new shorter Challenging Pain programme, delivered over two sessions, which is specifically designed to provide coping skills and techniques for managing chronic pain.

Pain clinics

Some hospitals have pain clinics which run special pain management programmes. You need a referral from your GP or consultant. To find out if there is a pain clinic in your area, contact NHS Direct in England, Wales and Northern Ireland (0845 4647) or NHS24 in Scotland (08454 24 24 24).

You can also write to The Pain Society, enclosing a self-addressed envelope, clearly listing your postcode, and you will be sent a pain clinic listing.

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Pain organisations

The British Pain Society

3rd Floor, Churchill House
35 Red Lion Square
London, WC1R 4SG
Tel: 020 7269 7840
Email: info@britishpainsociety.org
www.britishpainsociety.org

Pain Concern

Provides information and helpline for people in pain.
PO Box 13256
Haddington
Edinburgh,
EH41 4YD
Tel: 01875 614537 (10am-4pm)
Helpline: 0844 499 4676 (10am-4pm)
Email: info@painconcern.org.uk
www.painconcern.org.uk

Equipment to help you manage pain

The Back Care Warehouse

Products for the relief of back pain, joint support and protection, and the improvement of posture.
Tel: 01489 690205
www.thebackcarewarehouse.co.uk

The Physioshop.com

Physiotherapy products and supports.
Tel: 01294 550099
www.thephysioshop.com

Putnams

Back support & back pain care products.
Tel: 01752 345678
www.putnams.co.uk

Disabled Living Centre

For contact details of your nearest Disabled Living Centre, phone Assist UK.
Tel: 0870 770 2866
www.assist-uk.org

McKenzie rolls (for posture control)

You can get suppliers contact details from the Disabled Living Foundation (DLF).
Helpline: 0845 130 9177
www.dlf.org.uk

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TENS machines

TENS (transcutaneous electrical nerve stimulation) machines are an electrical way to manage 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 are a variety of TENS machines available and it is a good idea to seek advice from your doctor or physiotherapist. TENS machines are exempt from VAT, so you should ask for a form for claiming tax back 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*.

Where can I get more information and support?

Arthritis Care is the UK's largest charity working with and for all people who have arthritis.

We are here to help you make positive choices through our information, website, self-management training, and professional helpline. Call the free helpline for confidential support on 0808 800 4050 (10am-4pm weekdays) or email: Helplines@arthritiscare.org.uk

You can find support from others with arthritis by joining our online discussion forums.

We rely on donations to fund our vital work in supporting people living with arthritis. If you would like to make a contribution, please phone us on 020 7380 6540 or you can donate online.

www.arthritiscare.org.uk

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Contact us

For confidential information and support about treatments, available care and adapting your life, 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**

You can also talk to other people who are living with arthritis, through the discussion forums on our website.

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 9078 2940

Email: Nireland@arthritiscare.org.uk

Arthritis Care in Scotland

Tel: 0141 954 7776

Email: Scotland@arthritiscare.org.uk

Arthritis Care in Wales

Tel: 029 2044 4155

Email: Wales@arthritiscare.org.uk