



# Chronic Pain Course - Coatbridge

Information for patients



## **WHAT IS THE CHRONIC PAIN COURSE?**

This group is a six week education course for people who live with chronic pain. It is led by Physiotherapists with an interest in chronic pain. The sessions include:

- ❖ Up to date information on chronic pain and some of the science behind it
- ❖ Information on self management techniques such as goal setting and ways to manage activity with pain
- ❖ An information session about medications for pain with a Community Pharmacist
- ❖ A session considering the role of your thoughts and feelings in chronic pain
- ❖ Practical sessions on relaxation techniques and exercise

## **HOW DO I KNOW IF THIS GROUP IS RIGHT FOR ME?**

If you have long term pain and you have been advised that there is no cure for your pain, then this group may well be suitable for you.

If you feel that you are unsure about what to do for your long term pain or even just want a bit more information and support then it may also be helpful for you.

## **WHERE AND WHEN IS THE GROUP HELD?**

The group is usually held in ‘The Meeting Room’ in Coatbridge Health Centre, 1 Centre Park Drive, Coatbridge and runs for six weeks from 9.30am to 11.30pm on a Tuesday morning.

If you commit to coming to these sessions we can provide a letter for your work giving them information about the group that you are coming to.

## **WHAT DO I NEED TO BRING TO THE GROUP?**

You should wear clothes that will be comfortable to do some gentle exercise in and you may wish to bring something to drink.

## **WHAT HAPPENS NEXT?**

After your physiotherapist has referred you to the course, you will receive a letter about two to three weeks before the start of the group. After you receive this please call the number in it to confirm your place on the group.

### **Contacts**

If you have any queries about the group please contact Cassandra Macgregor on 01236 703493, or your own Physiotherapist

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