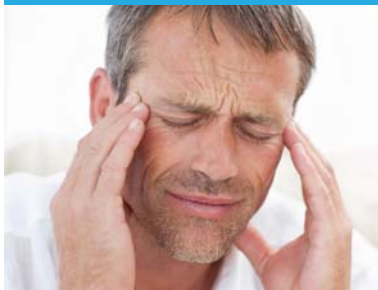


Managing Your

Chronic Pain

Improving your quality of life with the
All Health Chronic Pain Management Program



What is Chronic Pain?

Chronic pain is defined as pain that lasts longer than six months. It can be mild or excruciating, episodic or continuous, merely inconvenient or totally incapacitating. With chronic pain, signals of pain remain active in the nervous system for months or even years. This can take both a physical and emotional toll on a person.

It may affect a specific part of the body, as in low back pain, headaches or neck pain. It can also involve many regions of the body at once. No longer is the pain just a symptom of a disease, illness or injury; it becomes an illness unto itself. Regardless of the location or cause of chronic pain, many patients develop difficulty functioning in daily activities. Some also experience occupational disability, depression, drug-related complications/addictions and a diminished quality of life.

All too often, specific forms of pain treatment, such as medications, injections or surgery, do little to relieve the chronic pain itself, or the long-term suffering and disability that can develop. Patients, their families and their doctors can become discouraged and frustrated.

You're not alone

20% of all
Canadian Adults
suffer from
*chronic pain**



**Source: The Canadian Pain Society*

Chronic Pain Symptoms

The symptoms of chronic pain include:

- Mild to severe pain that does not go away
- Pain that may be described as shooting, burning, aching, or electrical
- Feeling of discomfort, soreness, tightness, or stiffness
- Pain is not a symptom that exists alone. Other problems associated with pain can include:

- *Changes in mood including hopelessness, fear, depression, irritability, anxiety and stress*
- *Withdrawal from activity and increased need for rest*
- *Weakened immune system*
- *Fatigue* ■ *Disability* ■ *Sleeplessness*

How can Chronic Pain affect your life?

You cannot ignore chronic pain and you do not need to read the latest research to know that living with pain impacts every area of your life.

Yet many people do not realize there is help for their pain. Chronic pain significantly stresses the body and mind. Long-lasting pain can lead to decreased muscle strength and endurance; it can interrupt sleeping and eating patterns. It can keep you from working and engaging in simple daily life activities such as washing dishes, vacuuming the house or cutting the grass, and it can change your mood (leading to depression). Pain can keep you from being able to concentrate, and even rob you of the joys of personal relationships.

How can Chronic Pain affect your life?

Work/Career Shifts - Some people with chronic pain struggle to keep their jobs. They have difficulties to find a new jobs due to physical limitations and many times may be forced to find a new career which is less physically demanding. Research has shown that people with chronic pain also experience shorter a work life expectancy by at least 5-10 years. Sometimes the challenge is convincing employers to let affected employees modify their jobs or their workloads so that they can manage their pain while continuing to work.

Social Isolation - Some people with chronic pain may lose their friends, strain their family relationships and wear down social supports. With this loss of community comes a loss of interaction and engagement with people or activities that previously helped them cope with their pain.

Psychological Shifts - A person's mental health and overall attitude toward life can greatly affect their pain experience. For example, research has shown that for people with low back pain, feelings of helplessness, fear and a 'glass-half-empty' perspective are linked to poorer health outcomes. Conversely, those with a strong sense of psychological wellbeing and a more positive outlook on life tend to cope better with chronic pain.

Self-redefinition – Chronic pain can lead to fundamental changes in how people see themselves and their lives. These changes affect how they feel. Fortunately, there are several new ideas around thinking, feeling and “being” - or acting - that can help people recognize and control what's going on with their bodies.

Is it time to look for help?

Please ask yourself these questions:

- Is my life focused on pain and what I am not able to do, rather than what I am able to do in spite of the pain?
- Are my doctors telling me there is nothing further they can do to relieve the pain? Do they tell me that I need to get on with my life?
- Am I truly concerned about the long-term effects of taking pain medications?
- Is my family's well-being affected because of my chronic pain?
- Is my recovery from injury or illness taking much longer than my doctors or I expected?
- Am I not able to commit to social events with family or friends because my pain may be higher that day?
- Has the pain affected my ability to earn a living?
- Does the pain influence how much I enjoy life?
- Am I in control of my life?

Answering 'yes' to any one of these questions, may indicate that pain rehabilitation is appropriate.

Why Treatment is Important

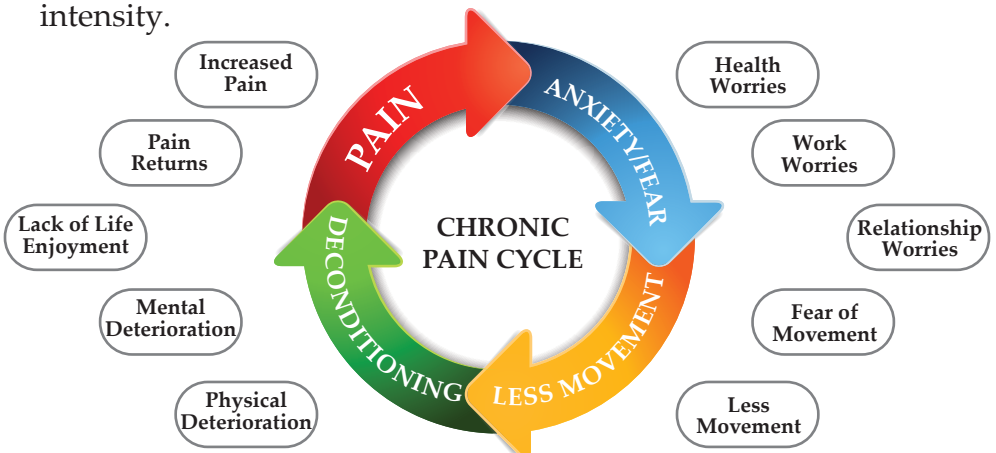
There are many ways to manage your pain. What works for one person may or may not work for another. Pain and treatment are very individual. The #1 concern when treating chronic pain is to find the best and safest treatment.

The goal of treating chronic pain is to improve function so you can get back to doing daily activities. You and your provider team will talk about how you are doing on daily activities and then create an individual treatment plan to help you reach your goals. It is important to understand that most chronic pain doesn't completely go away, but there are many treatments to help you to manage it and live a full life.

Finding the RIGHT treatment

Unfortunately the Canadian health system does not adequately support most people with chronic pain and while guidelines about how best to manage chronic pain have been developed, they are not fully supported by the current health system.

Chronic pain is a vicious cycle. Your pain causes anxiety which leads to less movements causing a deconditioning of the mind and body, thereby allowing your pain to return and increase in intensity.



All Health Chronic Pain Management Program

The All Health Chronic Pain Management is an intensive outpatient program focused on providing multidisciplinary rehabilitative therapy for chronic pain with the goal of improving quality of life and facilitating a return to regular daily activities.

The rehabilitation program is focused on functional restoration. A cognitive-behavioral model serves as the basis for treatment and incorporates physical reconditioning, relaxation training, stress management, activity moderation, and cognitive restructuring to decrease pain catastrophizing and pain anxiety. Throughout the program, various types of treatment and therapies are presented to help each patient achieve individualized goals in returning to an active and fulfilling life.

The program essentially focuses on helping people learn aspects of their pain and life they can control when a cure for the pain is not possible.

The core team of health-care professionals who care for patients in the All Health Chronic Pain Management program include physicians, psychologists, psychological therapists, nurses, physiotherapists and social workers.

Treatment Goals

The primary goal of the All Health Chronic Pain Management program is to restore functioning and improve quality of life for persons suffering with chronic pain. The program emphasizes the discontinuation of opioids for the treatment of chronic benign pain and the return to a fulfilling lifestyle.

Important goals include:

- Return to regular daily activities
- Increase physical strength, stamina and flexibility
- Reduce/eliminate use of pain medications
- Minimize pain behaviors
- Learn stress management techniques
- Return to gainful employment (if applicable)
- Resume leisure and recreational activities
- Improve interpersonal relationships
- Reduce reliance on health-care professionals, with improved ability to self-manage chronic pain

*Return to
doing your
daily activities*



Our Team of Professionals

Research shows that complex pain is best managed by specialists who work together as a team to tailor individualized treatments. A collaborative team of professionals address reducing symptoms, restoring function and improving quality of life.

All our physicians & psychologists are certified and have advanced training in treating patients with chronic pain and our highly trained physical, occupational and behavioral therapists specialize in diagnosing and treating a wide variety of chronic pain conditions, including:

- *Motor vehicle accident and pain from other types of injuries*
- *Head and facial (dental) pain*
- *Neck and shoulder pain*
- *Joint (including arthritic) pain*
- *Low back pain*
- *Post back surgery pain syndrome*
- *Myofascial pain and other pain syndromes*
- *Pelvic pain*
- *Postsurgical pain*
- *Spinal conditions*
- *Rheumatological conditions*
- *Reflex sympathetic dystrophy*



Types of Treatment

Treatments the All Health Chronic Pain Management program offers include:

PHYSIOTHERAPY THERAPY

Physical therapy involves instructing patients in strengthening, stretching, and aerobic conditioning. While in the program, patients participate in range of motion exercises to help them become more limber and prepare the body for the day. This program is based on the idea that as a person gets in better overall shape and learns more efficient ways of moving their bodies, their daily tasks will become easier and they will be able to do more despite the pain.

PSYCHOLOGICAL THERAPY

Our psychologist will help you to deal with psychological issues related to your chronic pain such as depression, social isolation, anxiety, daily worries and stress. Stress and pain have a pronounced effect on each other. When a person is in pain, the typical stress of daily life can become much more difficult, often turning common hassles into major obstacles. Stress can also impact pain. The physical reactions to stress such as increased muscle tension can significantly intensify pain. In short, pain causes stress and stress intensifies pain.

Relaxation techniques are used to retrain the body to cope with pain and to reduce the muscle tension and neurological arousal that intensify pain. Relaxation also reduces anxiety, increases self-control and allows a person to feel refreshed and rejuvenated. Patients will learn how to relax and adopt a mindset that allows them to reduce feelings of stress, depression and anxiety that worsen pain.

Types of Treatment

SOCIAL WORKER

Chronic pain affects the whole family, not just the person who is in pain. Those affected might include a spouse, partner, sibling, parent, children or others involved in a caring relationship. It affects a person's personality, making it difficult to maintain a relationship and often activities of daily life may be altered for the person in pain, resulting in additional responsibilities for others. Social workers are equipped to deal with those issues, along with any emotional, social, financial concerns, options for future lifestyle/living, community integration and opportunities for meaningful daily activity, education on impact of disabilities, information and connection to community resources, as well as assist you with filling out any disability forms.

Medication Management

Medicines often help us, but they can hurt us if we take the wrong amount or if we take ones that do not work well together (called a drug interaction). The role of medication in treating chronic pain is complex and sometimes controversial. Often long-term use of medications does little to relieve chronic pain and may cause debilitating side effects that limit one's functioning and mobility even greater. The All Health Chronic Pain Management program has a conservative approach to the management of narcotic medications. The team of professionals works with each patient individually to eliminate the use of pain medications as appropriate.



Aftercare Planning

Our goal is for every patient to continue with the strategies learned in the program. A Registered Nurse will assist you with an individual plan for aftercare and maintenance. Our physio-therapist will provide you with a daily home exercise program.



All Health Chronic Pain Management Program

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Please be advised that the information contained within this brochure is general in nature as every individual's pain and symptoms will vary. A personal consultation is recommended to be developing a plan that more effectively addresses your needs.