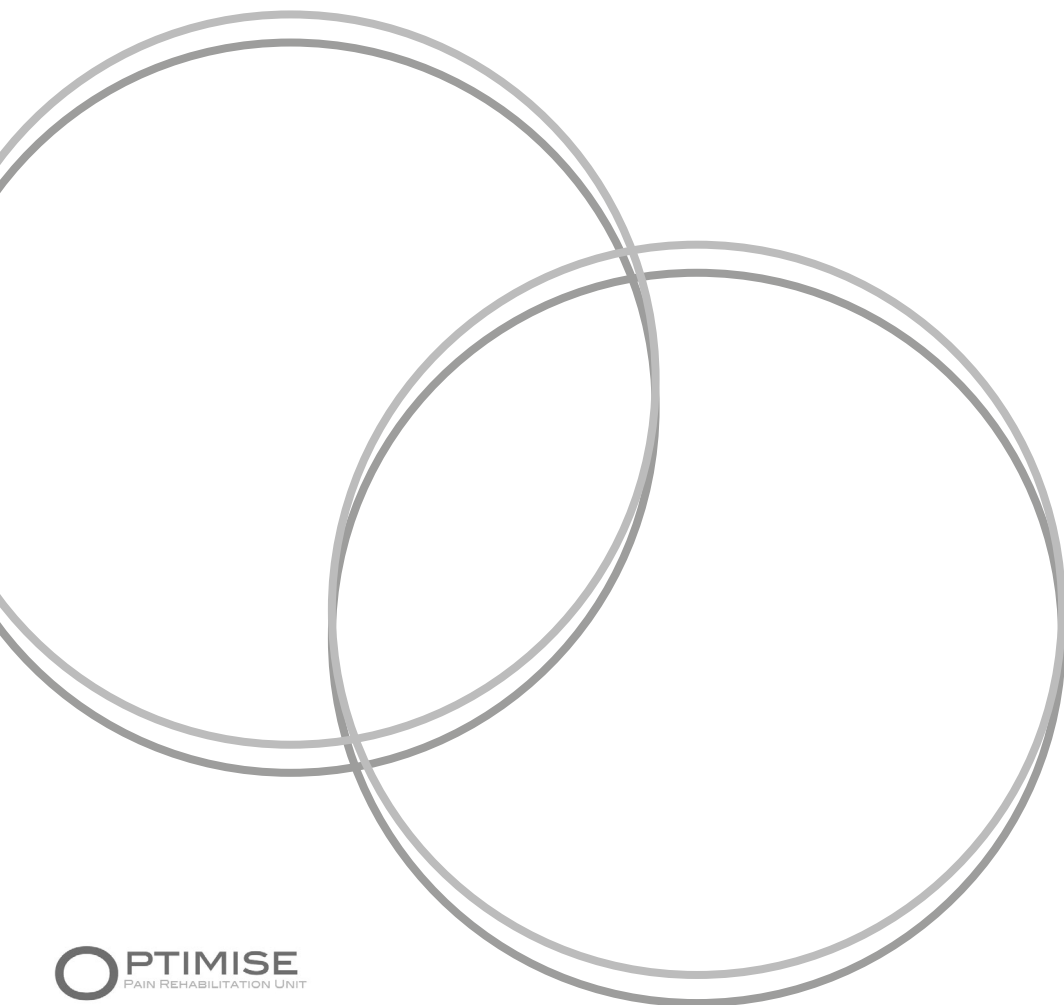


# Welcome to Optimise Pain Rehabilitation Unit

Information for patients



# Welcome to Optimise Pain Rehabilitation Unit

## Helping you to live well with pain

For many people, ongoing pain is a part of everyday life. It is real, hard to explain and there is no magical cure. The OPTIMISE Pain Rehabilitation Unit at the Nuffield Orthopaedic Centre offers expert advice and treatment for musculoskeletal pain which has not responded to other, less intensive treatments.

- Is pain causing you difficulty with everyday activities?
- Are you struggling to stay at work or have you lost your job because of pain?
- Are you fearful of doing certain activities?
- Does pain affect your relationship with other people?
- Have you had pain for months or years?
- Have you had an appointment with a health professional?

If the answer to any of the above questions is yes, then our service is designed to help you.

## Who will benefit?

People who live with pain often wish to increase their activity levels. Rehabilitation will help you to understand persisting pain and to introduce a manageable exercise programme. It will also help you return to activities that you have stopped and think about ways to improve the quality of your life.

The majority of people attending our unit experience varying degrees of pain. People may be living with spinal related symptoms, multi-site pain, fibromyalgia, hypermobility syndrome or chronic primary pain.

## Our specialist team

The service is staffed by a team of experts in the management of pain-related disability. These include physiotherapists, assistant physiotherapists, assistant psychologists and a clinical psychologist. You may have an appointment with one or several members of our team.

Please visit **[www.ouh.nhs/optimise](http://www.ouh.nhs/optimise)** for profiles of our team.

## First Steps

At your initial appointment, there will be an assessment with one of our specialist physiotherapists to understand the nature of your condition and whether it is amenable to rehabilitation.

We may write a report to you and your GP; in rare instances we may ask for a referral for a specialist medical opinion. Occasionally, an MRI scan may be arranged for you. If no scans are required, you will be offered a date to start one of our rehabilitation programmes, group classes or individual treatments. You may also be invited to attend an introductory opt-in session prior to accessing the rehabilitation programme, to decide if you would like to attend.

## What is rehabilitation?

Rehabilitation essentially means assisting people to return to activities, that they want or need to do in daily life.

We offer two rehabilitation programmes which provide different levels of activity:

- on different days/times
- of different durations
- of varying relevance to work

The programmes provide varied intensities of activity to suit your abilities and your requirements. They are suitable for people who are struggling to manage a day at work, or who have had a significant period of sickness due to pain, or who are not employed.

Our facilities are modern, and purpose designed.

Exercises include stretching, strengthening and cardiovascular exercise under the supervision of our specialist team. Group discussions also form an important part of our programmes and we use an acceptance-based approach to help you:

- explore new ways of managing persisting pain
- improve your confidence
- understand why pain persists
- return to meaningful activities

The group format ensures that people have a greater amount of time with our therapists and gain from the experiences and ideas of other people in the group. Many people worry about working in a group, but most soon find that meeting others in a similar situation is extremely helpful.

## **Our programmes**

### **Get Back Active!**

A rehabilitation programme which introduces a manageable range of exercises. It aims to help you return to activities that you may have stopped, increase your general fitness, and return to meaningful activities. Although it is not designed to cure your pain, most people report that they have benefitted from attending.

This programme involves two days a week for three weeks.

## **Balanced Life programme!**

This rehabilitation programme offers lower intensity and slower paced exercises that are tailored to a level that you can cope with. The aim is to gently help you return to a balanced approach to activity, and enjoy a better quality of life.

A pain psychologist uses psychology-based treatment approaches to work with emotional responses to pain, and to explore ways to live a meaningful life.

Those attending this programme are likely to use walking aids and have limited mobility, such as difficulty getting on and off the floor.

This programme involves three half days a week for three weeks.

Patients may qualify for bed and breakfast facilities if they do not live in Oxfordshire and wish to attend the three-week programme.

## CONTACT DETAILS

### **OPTIMISE Pain Rehabilitation Unit**

Physiotherapy Department  
Nuffield Orthopaedic Centre  
Windmill Road  
Headington  
Oxford OX3 7HE

Telephone: **01865 738081**

Email: **optimise@ouh.nhs.uk**

**www.ouh.nhs.uk/optimise**

**<https://www.ouh.nhs.uk/media/j11mwraw/noc-site-map.pdf>**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473**

Your opinion is very important to us. Whether you are happy or unhappy with the care and treatment that you have received, we'd like to know about it. If we are not getting it right and you want to raise a concern, you can speak to any member of staff. If the problem can be resolved quickly we will do our best to put things right. If you prefer, you can call the Patient Advice and Liaison Service (PALS) on **PALS@ouh.nhs.uk** or the following number: **01865 221473**. They will be happy to listen to you and assist you by putting you in touch with the right person to address your concern.

You may be interested in the following websites:

**[Links for people living with pain | Physiotherapy Pain Association](#)**

**[Versus Arthritis | A future free from arthritis](#)**

**[Action On Pain](#)**

**[Pain Concern | Pain Concern | Bringing the pain community together](#)**



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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