

## OUR PROGRAMMES

### Get Back Active!

A rehabilitation programme which introduces a manageable circuit of exercises and hydrotherapy. 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 improve.

This programme involves three days a week for three weeks or six evening sessions, once per week.

### Balanced Life!

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 which can reverse some of the effects of pain and enable people to live a meaningful and valued 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 in Oxford or two days a week for four weeks at the Horton General Hospital.

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 FOR OPTIMISE

### Pain Rehabilitation Unit

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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** or email **[PALS@ouh.nhs.uk](mailto:PALS@ouh.nhs.uk)**

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# OPTIMISE

PAIN REHABILITATION UNIT

## Helping you to live well with pain



[www.ouh.nhs.uk/optimise](http://www.ouh.nhs.uk/optimise)



## OPTIMISE YOUR LIFE!

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 been seen by medical specialists?

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

## WHAT IS REHABILITATION?

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

We offer two rehabilitation programmes which provide different levels of activity. Two are physiotherapist-led programmes and the other includes both physiotherapy and psychology:

- 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 number of sickness absences due to pain or are not employed.

Our facilities at the Nuffield Orthopaedic Centre, in Oxford are modern and purpose-designed and include a gym and hydro pool. The combined physiotherapy and psychology programme is also offered at the Horton General Hospital, based in the Physiotherapy Department. There is no access to hydrotherapy at the Horton.

Exercises include stretching, strengthening and hydrotherapy under the supervision of our specialist team. Group discussions also form an important part of our programmes and 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.

## 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 suffer varying degrees of back pain or have spinal-related symptoms. Others may have multi-site pain, fibromyalgia, hypermobility syndrome or arthritis.

## OUR SPECIALIST TEAM

The service is staffed by a team of experts in the management of pain-related disability. These include physiotherapists, psychologists and a disability employment advisor. You may see one or several members of our team.

Please visit [www.ouh.nhs.uk/physiotherapy](http://www.ouh.nhs.uk/physiotherapy) 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. You may meet our clinical psychologist as part of your initial assessment.

We may wish to write to your GP to request results of any tests that you may have had, a medication review or, in rare instances, a referral for a specialist medical opinion or MRI scan of the spine may be arranged for you. If no scans are required, you will be offered a date to start one of our rehabilitation programmes. You may also be invited to attend an introductory opt-in morning prior to accessing the rehabilitation programme to see if it is for you.