

# Information Sheet

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## Pain

We are all likely to experience physical pain at some point in our lives, some of us live with it daily, others from time to time. It is described by The International Association for the Study of Pain (IASP) as **"An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage"**. We now recognise that pain is not merely a physical feeling, but also an emotional and mental feeling. Therefore they cannot be treated separately, and one can certainly influence the other. Ancient and more complementary healthcare recognises this connection between the body and mind, and can provide insights into how to help us deal with pain in a modern world. Of course advances in medical treatment are incredible and should not be discounted, yet there is still more to be done to enhance our understanding, and our ability to live with pain.

**NB. This information does not replace medical advice but is intended as a guide.**



## Self-help

- Discuss medication with your GP, and ensure you regularly take the agreed dosage
- Use an ice pack or heat pack on the affected area
- Make regular visits to a massage therapist for deep tissue massage
- Sit with your feet raised when at rest
- Move, regular movement is key to staying as active and mobile as possible
- Visualisation is a powerful technique used by many elite athletes to achieve seemingly unachievable goals
- Progressive Relaxation Technique is a specific routine to release tension in muscles and joints
- Aim for a well balanced healthy diet. Extra pounds will impact on pain and the ability to move well.
- Use essential oils for compresses, bathing, meditation, anxiety and stress.
- Locate relevant acupuncture or reflexology points to help relieve specific areas

For more information on managing pain follow us on Facebook and Instagram.