

} Appointment 3

This appointment will follow the same format as appointment 2 and will be a progression of the education and exercise from appointment 2. The education session in this appointment will cover different topics and the exercise session will be slightly more demanding than the previous session.

Upon completion of the exercise session, you will be asked to complete some questionnaires. This will give us an indication of your progress through the program and gives you the chance to comment on the program and how well you feel it worked for you.

At the end of the session you will be issued with a bespoke booklet covering home exercises, back care advice and details of relevant support services.

If you have any issues or concerns about the service, or think the service is something that might be appropriate for you please ring **0161 348 7733** or email us at pain@angelandbowden.com



Please ensure you are punctual for all appointments.

If you are unable to attend any of the appointments you are given, please contact **0161 348 7733**

as early as possible so a new appointment date can be provided.

Angel & Bowden are committed to improving and developing our services. If you have a suggestion to improve our service please contact us at suggestions@angelandbowden.com

However, if you feel that you need to make a complaint, please email complaints@angelandbowden.com with the nature of your complaint and your contact details. Our customer service team will respond to your complaint promptly.

Angel and Bowden are committed to continually improving and developing our services.

Builder House, 1st Floor, 2 Mayors Road, Altrincham, Cheshire WA15 9RP

T: 0161 348 7733 E: pain@angelandbowden.com

www.angelandbowden.com



Patient Information Leaflet

Orthopaedic Pain Management Service



You can be referred by your GP or Physiotherapist to our specialist Pain Management Program to help you recover from your muscular, joint or back pain.



The program has been designed by specialists in Pain Medicine, Physiotherapy and Psychology and is based on the latest research on the use of combined physical and psychological rehabilitation methods in the management of muscular, joint or back pain.

Following a conversation with our assessment team if you have been deemed to be appropriate for the program you will be given three appointment dates.

Appointment 1

During this session you will be required to fill in a number of questionnaires. These questionnaires are very important as it gives our clinicians a clear picture of the nature of your pain and how it is affecting you.

You will also have an assessment with the physiotherapist. During this assessment, the physiotherapist will ask you some very specific questions about your pain, as well as looking at your movement and posture.

The aim of this assessment is to ensure the physiotherapist has as much information as possible about your pain, enabling the physiotherapist to adapt the program for your individual needs.

*Single sex sessions may be available on request dependant on demand and facility availability.

Appointment 2

This two hour session will be split into two parts.

You will attend this appointment together with other patients with a similar condition to you, in groups of up to 10 people. These are mixed sex sessions. *

Part 1

The first part of the appointment consists of using an interactive educational programme on iPad type tablets. This session will last 1 hour. This session is aimed at helping you gain control of your pain.

Part 2

The second part of the session will concentrate on the physical aspect of your recovery. This session is aimed at teaching you how you can most effectively rehabilitate and recover from your pain. It includes a short educational session delivered by the physiotherapist followed by a group based exercise session.

The exercise sessions will consist of 10 exercise stations, each with a different exercise. You will be expected to spend 3 minutes at each station.

Please ensure you are wearing appropriate clothing for all appointments.

You will need to be wearing clothing suitable for exercising.

