

OCCUPATIONAL THERAPY – PAIN MANAGEMENT

WHAT WE DO:

Occupational Therapists work with individuals to help them find the most effective ways to manage their pain and to address the impact pain has on their day-to-day activities and roles within their life. This can be achieved by learning how to use pacing, goal setting and relaxation techniques to address difficulties in the following areas:

- Inconsistent activity levels
- Leisure and social activities
- Work issues
- Sleep problems
- Personal and domestic activities

The Occupational Therapists work as part of a team of professionals, experienced and skilled in teaching individuals how to adopt a holistic self-management approach to their pain problem.

WHERE WE ARE:

We are based in the Multi-disciplinary pain clinic within the Out-patient department at York Hospital.

We offer Occupational Therapy intervention both on an individual basis and within a group environment in the Pain Management Programmes.