

# Back pain management programme

## Timetable

### First week

<b>Monday 14th</b>	<b>Tuesday 15th</b>	<b>Wednesday 16th</b>	<b>Thursday 17th</b>
9.30-10.30 Welcome and introduction to the team and pain management principles	9.30-10.45 Pacing and activity diary	9.30-10.45 Anatomy and physiology	9.30-10.30 Stress and anxiety
10.30 - 11.00 Tea break	10.45-11.15 Tea break and stretches	10.45 -11.15 Tea break and stretches	10.30-11.00 tea Break and stretches
11.00-11.30 Initial assessments			
11.30-12.30 Introduction to stretches and relaxation, expectations and ground rules	11.15-12.30 Exercise principles	11.15-12.00 Posture	11.15 -12.00 Unhelpful thoughts, unhelpful feelings
		12.00-12.30 Relaxation	12.00-12.30 Relaxation
<b>Lunch</b>			
1.30-3.00 Individual team review	1.30-2.30 Gym	1.30-2.30 Gym	1.30-2.30 Gym
	2.30-3.30 Hydro	2.30-3.30 Hydro	2.30-3.30 Hydro

**Second week**

<b>Monday 21st</b>	<b>Tuesday 22nd</b>	<b>Wednesday 23rd</b>	<b>Thursday 24th</b>
9.30 -10.15 Feedback of weekend and goal setting	9.30-10.15 Sleep	9.30-10.30 Dietician	9.30-10.30 Friends and family chronic pain talk
10.15 -12.30 Individual goal setting and physical assessment	10.15-10.45 Tea break and stretches	10.30-11.00 Tea break and stretches	10.30-11.15 Family and group questions and feedback
	10.45 – 12.00 Seating and ergonomics	11.00-12.00 Pain clinic talk	11.15-11.30 Explanation of stretches and relaxation
	12.00-12.30 Relaxation	12.00-12.30 Relaxation	11.30-12.30 Individual time with staff
<b>Lunch</b>			
1.30-3.00 Individual team review	1.30-2.30 Gym	1.30-2.30 Gym	1.30-2.30 Gym
	2.30-3.30 Hydro	2.30-3.30 Hydro	2.30-3.30 Hydro

**Third week**

<b>Monday 28th</b>	<b>Tuesday 29th</b>	<b>Wednesday 30th</b>	<b>Thursday 31st</b>
9.30-10.30 Managing and maintaining changes	9.30-10.30 Posture in activities of daily living	9.30-10.15 Spinal movement	9.30-10.15 Management of set backs and flare ups
10.30-11.00 Tea break and stretches	10.30-11.00 Tea break and stretches	10.15-10.45 Tea break and stretches	10.15-10.30 Tea break and stretches
11.00-12.00 Helping others understand chronic pain	11.00-12.00 Vocational profiling	10.45 -11.15 Lifting and handling	10.30-11.00 Management of soft tissue injuries
12.00-12.30 Relaxation		11.15 – 12.00 Core stability	11.00-12.30 Questionnaires, final assessments and reviews of goals and pacing
	12.00-12.30 Relaxation	12.00-12.30 Relaxation	
<b>Lunch</b>			
1.30-3.00 Individual team review	1.30-2.30 Gym	1.30-2.30 Gym	1.30-2.30 Gym
	2.30-3.30 Hydro	2.30-3.30 Hydro	2.30-3.30 Hydro

**Key:**

	Occupational Therapy Department
	Physiotherapy Department