



# Persistent Pain Playbook

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Remedypt.com

- Choose a meaningful activity
  - what do you really enjoy to do?
  - what activity goals do you have?
- Create a plan with your Physical Therapist of gradual exposure to this activity with pain control
  - You are in charge. Your PT will guide you and support you in this process.
  - Evidence points to gradual exposure to meaningful activity being the best long term plan to reduce persistent pain. This is underpinned by a strong therapeutic alliance (working with a PT you can trust who sees you as whole and not broken).
- Include recovery : sleep, nutrition, & stress management are all valuable in reducing persistent pain
- When pain flares up - relax, breathe, and keep moving.  
Flare ups may happen but they do not mean further injury.

## FIXED MINDSET

**Pain = damage**

**My body can't be trusted**

**My pain needs to be fixed before I engage in activity**

**Movement is dangerous**



## GROWTH MINDSET

**Pain is protective but does not equal damage**

**I can trust my body**

**I am capable & resilient.**

**I can be sore and safe.**

**Movement promotes strength & health.**