

# **Activity: Why Does The Pain Clinic Always Want Me To Do More!**

Pain Management Clinic



It might sometimes feel like the pain clinic is really not listening. You may have spent a few consultations with the doctor or nurse explaining how your pain or fatigue have stopped you doing a lot of the things you used to do. How doing things like tidying up, doing laundry, walking anywhere or just going up the stairs all increase your pain.

And despite saying all this, here's the nurse or psychologist suggesting you should do this and do that. Do more of what you used to do, or try something new! It's almost like you've been speaking to someone else.

Have you had this experience? You might think that the pain clinic has your best interests at heart, and that it **would** be good to be getting back to doing things, but unless the pain is reduced how on earth are going to be able to do as they suggest? And can you sometimes be left feeling guilty that you can't see how to do more despite the advice?

If this is how you are currently feeling, read on if you can.....

Most of us at the pain clinic can't imagine, in truth, what's it's like to be in pain and at the same time want to do more, but know the pain might be worse if you try. It's the ultimate conflict. And sometimes it can feel that simply being asked to do more is "rubbing salt in the wound" for you.

At the pain clinic we should always strive first to listen to your struggles and efforts. And we should also realise that a lot of the time you **are** doing stuff, despite the pain and the fact that it often causes more. So why is it such a big deal for us? Probably for the same reasons it is to you.

We know, like you, how much "doing things" can affect our mood positively. That sense of achievement, or the pleasure you get from doing a task, perhaps for the first time in a while. The fact that you've done something, despite your pain, that your mind has been nagging you to do for ages. The chance to give yourself some credit for having ticked a job or activity off the list.

Doing something socially or connecting with others. It all adds up to a boost.

Activity, even the smallest of jobs, can also get the body moving, which in theory is also a good thing. But of course it might not seem to be to you when your pain increases. Getting the balance between doing too much and too little is an art, and no-one has a manual on how to do it easily. The body needs to move in order to function properly, but in the case of chronic pain this needs ideally to be done in a way that gets the balance right. Not easy though.

Hopefully the pain clinic will work with you to look at ways to get back to things that work for **you**. This should include listening to you first! It could also include:

- Making wee lists of activities that matter to **you** (not us)
- Planning goals that take your interests, pain, mood, and routine into account
- Figuring out how to take some credit for achieving your goal
- Helping you reflect on how you've been able to do things **even** in the presence of pain;
- And asking **you** to decide what you want to do, not us deciding for you.

Hopefully some or all of these ideas will help you resolve the conflict between pain and doing what you want to do.

## Contact Details

If you have any questions please contact the Pain Management Clinic on:

**0141 347 8006**

