

- **Do your activity levels go up and down dramatically due to your pain?**
- **Are you struggling to maintain activity due to your pain?**
- **Would you like to be more active despite your pain?**
- **Did you know that ongoing pain does not mean ongoing damage?**

Current research shows evidence that the best way to successfully manage long-term pain is through education and exercise.

The course teaches the principles of managing chronic pain including a paced approach to exercise and activity.

Similar courses are run world wide and are designed to allow participants to share experiences and concerns

### **The BeST programme aims to.....**

- Increase activity levels
- Improve coping skills
- Teach muscular relaxation
- Improve flare up management
- Improve understanding of your pain
- Reduce fear associated with movement
- Help identify and manage unhelpful thoughts
- Help you make changes in your life
- **Help take control and self manage your back pain**

The programme is run by a Senior Physiotherapist with an interest and skills in the treatment of persistent pain conditions.

The course runs twice a week over 3 weeks with a 6 week review.

We run the course from 3 sites listed on the back of this leaflet. Your therapist will discuss with you which course you will attend and what time and day they run.

**Each session is linked to the next so in order to get the most from the course, attendance of ALL sessions is important.**

## Time-Table

<u>Session</u>	<u>Content</u>
1	Introduction to course and Understanding Pain
2	Patterns of Activity, Pacing and Goals, Exercises
3	Unhelpful Thoughts, Exercises
4	Fear Avoidance and Relaxation
5	Worrying about pain, Medication, Relaxation
6	Managing Flare-Ups, Course review and goal setting
6 week review	Review Goals and progress

**Please wear comfortable clothing, as you will be exercising in each session.**

Brighton and Sussex  
University Hospitals



NHS Trust

### Course Contacts:

**Andrew Pettifer or Robin Williamson**

Hove Polyclinic  
01273 242118

*Course time:* Wed & Fri 10.30 – 12.30.

**Caroline Garrett**

Brighton General Hospital  
01273 696955 ext 5111

*Course time:* Mon & Wed 11-1pm

**Tracey Cowle**

Princess Royal Hospital  
01444 448664

*Course time:* Tues & Thurs 10 – 12pm

**Patrick Mundy**

Royal Sussex County Hospital  
01273 523050

*Course time:* Mon & Wed 10.30-12.30pm

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## BeST – Back Skills Training



**Patient comments.....**

***“I feel more in control of my problem which has led to me feeling much more positive”***

***“Very good guidance on coping with pain, realistic life changes, pacing, planning, and achievement of goals”***

***“I am now more active and feel more positive about the future”***

***“Despite my initial suspicion, the course was very helpful”***