

- **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”