

# Back in Control Programme

An illustration of a woman with red hair in a bun, wearing a blue dress and a red bag, walking on a winding path. The background features a bright yellow sun, a white cloud, a green tree, and rolling green hills.

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

"I am now more active and feel more positive about the future"

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

**NHS**

**A Pathway to improving self management**

# The Back in Control Programme aims to...

- Increase activity levels
- Improve coping skills
- Teach muscular relaxation
- Improve flare up management
- Improve understanding of your pain
- Help you make positive changes in your life



**Help take control and self manage your pain**

Session	Content
1	Introduction, how pain affects you, moving forward with a different approach
2	Anatomy of your spine The effects of inactivity/ benefits of activity
3	Understanding pain
4	Approaching activity and improving fitness a different perspective Relaxation
5	Unhelpful thoughts and their effect on pain Pain and its effect on fitness
6	Flare-ups, use of medication, long term goal setting
<b>6 week review</b>	Review goals and planning for the future

**The course is facilitated by a Senior Physiotherapist with an interest and skills in the treatment of persistent pain conditions.**



**For course times and locations, please speak to your local physiotherapy service.**

