

NEED A TENS MACHINE?

AT ACTION ON PAIN

WE SELL AN EASY TO OPERATE

TENS MACHINE

THAT IS VERSATILE AND COMPACT

£30

INCLUDING THREE SETS OF PADS

AND POSTAGE AND PACKING

For advice and support regarding chronic pain please call: **0345 603 1593**
(10 a.m. to 4 p.m. - Monday to Friday, answerphone at all other times)
or write to Action on Pain:

Action on Pain

**15 Blackthorn Drive
Scarning
NR19 2UJ**

aopisat@btinternet.com

www.action-on-pain.co.uk.

PainLine: 0345 603 1593

Registered charity: 1088789

© 2016

J. Semmons MSc MCSP I. Semmons MBA
on behalf of "Action on Pain"

Do you have Chronic Pain?

*ARE YOU PLANNING TO
START EXERCISING?*



*DO YOU LIKE
TRAVELLING?*



*HERE'S SOME ADVICE
ON HOW TO START.*

Action on
pain!

Registered Charity: 1088789

Why should we exercise?

It is not uncommon for people living with chronic pain to be fearful of exercise, often because it has increased their pain in the past.

But exercise has many benefits:

- ✧ Increases physical fitness levels and can enable everyday activities to be carried out more easily
- ✧ Improves the function of the heart and lungs
- ✧ Decreases the risk of osteoporosis (thinning of the bones)
- ✧ Helps weight loss and reduces the risk of weight related diseases such as diabetes and high blood pressure
- ✧ Promotes a feeling of well being
- ✧ Decreases stress levels
- ✧ Reduces the possibility of re-injury, which can occur if you are unfit
- ✧ Releases endorphins; the body's natural pain killers which can help to reduce pain.
- ✧ May improve sleep

How do I start?

- ✧ Exercise can be as little as walking from one room to another in your home; getting out of bed; or walking to your neighbour's house.
- ✧ Exercise doesn't necessarily mean going to a gym or attending an exercise class - any activity is a form of exercise - even housework!
- ✧ **The key factor is to maintain your exercise level or activities within manageable levels of pain. Don't push through your pain to complete a certain exercise regime or activity.**

But exercise has increased my pain in the past?

- ✧ Think back - did you start at too high a level?
- ✧ Remember it is normal to have muscle soreness after exercise
- ✧ Sometimes people with chronic pain find it difficult to tell if their pain is due to exercise or their 'normal' pain.

Safe exercise

To exercise safely, many factors need to be considered; sometimes described as the '**S**' factors:

Stamina - Your heart and lungs need time to adjust to the increased demand.

Useful Transport and Travel Tips

National Rail enquiries: 24 hour service on 08457 48 49 50 or www.nationalrail.co.uk.

For all your train times, fares and ticket purchases. Gives updates on any delays and cancellations. Look for cheap advanced fares and remember it can sometimes be cheaper to buy two single tickets instead of a return. Individual train operating companies have their own websites which often offer exclusive deals and 2 for 1 entrances to many different leisure activities. If you need assistance getting on and off the trains this can usually be booked in advance. Most UK trains have disabled access including heritage railways.

Traveline: 0872 200 22 33. Great point of contact to help you plan your journey on public transport across the UK. Includes ferries and the underground.

Travelling to London? Then contact Transport for London on 0343 222 1234 for information on train/bus times and ticketing. If taking your car and worried about the congestion charge then contact 0845 900 1234. There are special rates for blue badge and Motability drivers. The Dartford River crossing is now fully automated so be sure to pay the rate online within the given period. Motability drivers are currently exempt from these charges.

On the roads: Contact the Highways Agency Information Line on 0300 123 5000 (24 hour service) for all the latest updates on road closures and delays.

In the air: All UK airports offer disabled access so contact them directly for any advice or assistance you require. Space doesn't allow us to give all the numbers but here are some for starters!

Norwich: 01603 411923 Luton: 01582 405100 Stanstead: 0844 335 1803 Heathrow: 0844 335 1801

Manchester: 08712 710 711 Birmingham : 0871 222 0072 Gatwick: 0844 892 0322

Southend 01702 538500

By sea: Find out about the ferries that serve the UK at www.discoverferries.com

Stuck for somewhere to go? Why not have a look at the Visit England website at www.visitengland.com

Key factor with all this is **YOU** so be bold and brave by giving it a go. The rewards are huge!

- ✧ Be realistic if your journey requires a fair bit of walking or sitting you might need to build your tolerance up over the preceding few months to be able to cope with this.
- ✧ Give yourself plenty of time to allow yourself to stop and have a break if needed.
- ✧ Try and rest for a while following your journey so that any increase in pain has time to settle.
- ✧ Be open with the people you are travelling with. Tell them about any limitations you might have and how you manage them so that there are no misunderstandings.
- ✧ Ask your physiotherapist for appropriate exercises to do on the journey.
- ✧ Most of all, have a go as the rewards are well worth the effort.

Suppleness - Have your muscles got the flexibility to allow your body to move in the way you want it to?

Strength - Does your body have the strength to perform the exercise now or do you need to build them up slowly?

Skill - It takes practice to perform certain exercises: Not many of us learnt to ride a bike without falling off it the first time!

1. Before starting your exercises or activity, gently move the joints that you plan to exercise.
2. Start off with small amounts of activity, (timed - such as 5 to 10 minutes) or repetitions that you are capable of achieving without increasing your pain and aim to do it regularly, every day. The amount will depend upon your current activity levels.
3. **REMEMBER:** You can always do a little more the next day if you start with too little, but if you set the level too high, you may increase your pain and be 'back to square one!'
4. Once you are comfortable with the level that you are doing, increase it by small amounts regularly. If, for any reason you have a bad day or a 'flare up' of your pain reduce the activity by half for a few days then gradually build it up again as your pain begins to settle.
5. Observe your posture whilst you are exercising: if your body is held in a poor position, your pain may increase afterwards.
6. As a guide, choose an exercise or activity that does not jar your body, such as low impact activities, Tai Chi or walking. Swimming is often recommended but doesn't suit everyone. The water supports your body but may place your body in a position that could increase your pain eg breast-stroke - if you keep your head out of the water it can place your neck further backwards than is comfortable. Sometimes 'dryland' exercises, such as walking or carrying out certain movements, in the water, for specific joints, can be more helpful.

Happy Travelling.



How much exercise?

You are in control! Exercise should be carried out within manageable levels of pain so this will affect what you choose to do and how long you do it for.

Useful tips

- ※ Ask your doctor about exercise on prescription
- ※ Ask to watch an exercise class first so you know what to expect
- ※ A member of staff should be available at leisure clubs to demonstrate equipment and give advice. Don't be afraid to ask!
- ※ Never try and keep up with everyone else - work at your own pace
- ※ Pick something that you enjoy - exercise should be fun so that you don't give up!
- ※ Exercise at home can be fun - why not get your family involved?
- ※ It helps if you can carry out some exercise to increase your heart rate but you may have to build up to this.

Remember: It takes time to build up fitness levels - be patient!

Travelling

When you have chronic pain travelling can be a bit of a challenge. However there are several things you can do to make your journey comfortable. Top of the list is to plan your journey around the most suitable forms of transport which offer easy access and minimal changes.

Tips To Make Travelling Easier

- ※ Seats can often lack a lumbar support therefore take your own, either a custom made one or a rolled up towel will do just as well.
- ※ Avoid long periods of time spent in the same position. Break your journey at regular intervals if you are in a car, or stand and walk around if you are on a train boat or plane.
- ※ Pace yourself, ensure that the days running up to your journey are not too full thus minimizing the risk of increased pain on the day of travelling.

- ※ Call **08457 48 49 50** to request assistance from train companies if you have mobility problems.
- ※ Most Airlines also offer the same service.
- ※ See if you qualify to buy a disabled persons rail card it gives you and a carer 1/3rd off your fare.
- ※ Most U.K. Trains are wheelchair accessible.
- ※ Plan your journey thoroughly finding out in advance what is entailed and try to reserve a seat on trains.
- ※ If you are flying how far will you be expected to walk from the check in area to where you board the plane?
- ※ If the distance is long is transport or a wheelchair available?
- ※ Will there be trolleys and porters available to help you with your luggage?
- ※ Take several small bags instead of one large one.
- ※ Most U.K. and European buses have low-access doors.

Remember

- ※ Pack your medication you are on and take as prescribed. If going out of the U.K. keep your medication in its original packaging
- ※ Use all the strategies that have helped you in the past to manage your pain such as relaxation, pacing and distraction.
- ※ Look after your posture; use either a lumbar support and/or neck support especially if there is any danger of falling asleep in a sitting position.
- ※ Can you use a TENS Machine? It's a useful back-up when you are travelling. If driving make sure wires do not get caught on car controls. TENS is battery operated so easy to use abroad. Take a spare battery and electrodes.