



Pain

We have known for a long time that chronic (persistent or long term) pain can cause low mood, but now we know that low mood can affect pain also.

It has now become clear that painkillers which can help short term (acute) pain are not very effective for chronic pain. There are things that can be done to reduce the effects of pain on your body and your overall wellbeing. It helps to understand what chronic pain is first.

<https://www.youtube.com/watch?v=gy5yKbduGkc> – 5 minute video to explain chronic pain

For more information from the Newcastle hospital pain specialists, this 30 minute video can help you adjust your life to improve your experience of pain.

<https://www.youtube.com/watch?v=L0jdUv1e7e0>

Progressive muscle relaxation can help reduce pain in muscles and is advised by the Newcastle pain team. This 15 minute video will talk you through this.

<https://www.youtube.com/watch?v=912eRrbes2g> – female voice

<https://www.youtube.com/watch?v=vUQoflmFQpw> -male voice



Back pain

Back pain is one of the commonest causes of persistent or chronic pain. Painkillers are often not very effective and it is important to keep active. The links above are helpful for all persistent pain including back pain, but information below is specific for back pain.

This NHS link discusses the causes and treatment of back pain, and has links to excellent exercises which have been shown to help the symptoms of back pain.

<https://www.nhs.uk/Conditions/Back-pain/>

We also have a back pain workshop every month in our area which is run by local physiotherapist and is free of charge. Pick up a leaflet at the practice or ask at reception to find out when the next workshop is.

