

## **Physiotherapy Team**

Helping people to live well with pain

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### **Physiotherapy Information Sheet**

Blackpool Chronic Pain Service has a team of physiotherapists that specialise in helping people with persistent pain. They are based in Whitegate Drive Health Centre.

#### **Chronic Pain Service**

**Whitegate Drive Health Centre**

**150 Whitegate Dr, Blackpool FY3 9ES**

**Tel: 01253 955303**

All patients attending this service have been assessed to ensure that physiotherapy is safe and appropriate for them.

Physiotherapy is part of an inter-disciplinary approach working alongside Doctors, Nurses, and Clinical Psychologists.

This service aims to help people suffering with persistent pain to improve the quality of their lives. Remaining physically and socially active can be difficult when in pain. However the resulting loss of fitness makes every day task more difficult and pain flare-ups more likely. All of this can cause significant emotional distress; such as low mood, frustration and anxiety.

Both research evidence and our own experience show a self-help approach to be the most effective. The physiotherapy team aims to guide, encourage and educate so you can make changes you have decided on.

Topics most often covered include:

- Education regarding diagnosis and chronic pain
- Help with pacing activities to reduce pain flare-ups
- Advice regarding exercise to maintain fitness
- Goal setting based on what you would like to improve or change

We look forward to meeting you

Blackpool Chronic Pain Service Physiotherapy Team

<https://www.bfwh.nhs.uk/our-services/hospital-services/pain-management-service/>