



# Prolonging independence

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# Inhibitors to Independence

- Weakness
- Reduced movement
- Reduced mobility
- Pain
- Fatigue
- Mood
- Belief

**BELIEF**

Therefore

Your disease belongs  
to you.

If **YOU** can control my  
disease  
Then  
**I** can use my body

If I can control my  
Disease  
then  
I can use my body

**PAIN**

## Definition of Pain

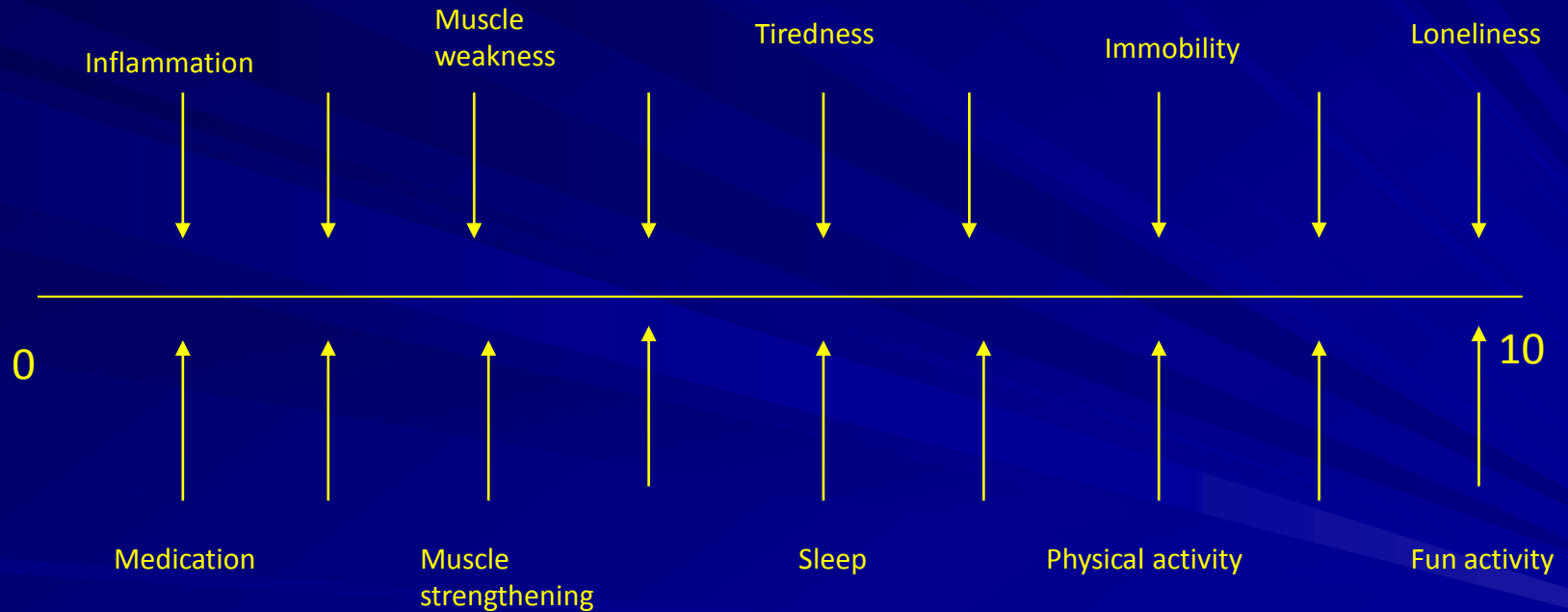
A negative sensory  
and emotional  
experience

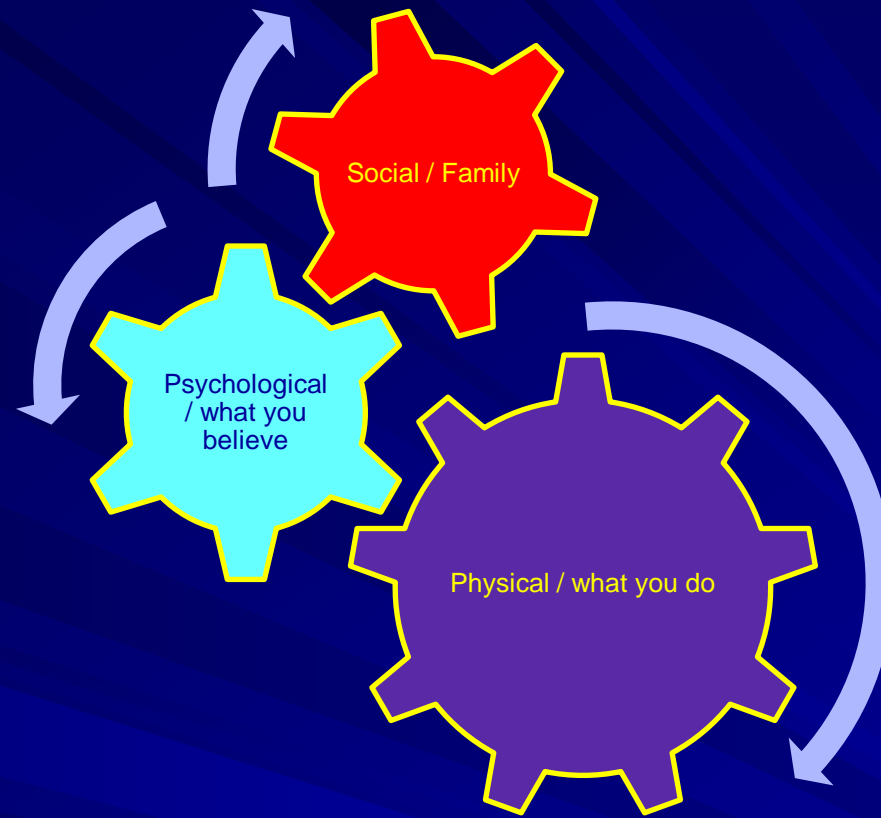


# Managing pain together

- Defined, shared and held by everyone
- American Pain Society (2012)
  - Improve all domains of functioning and quality of life
- For you and your family
  - Facilitate change in relationship to pain
  - Optimise quality of life
  - Increase function despite pain
  - Facilitate adoption of self-management approach
  - Enhance well-being

# Complexity of Pain

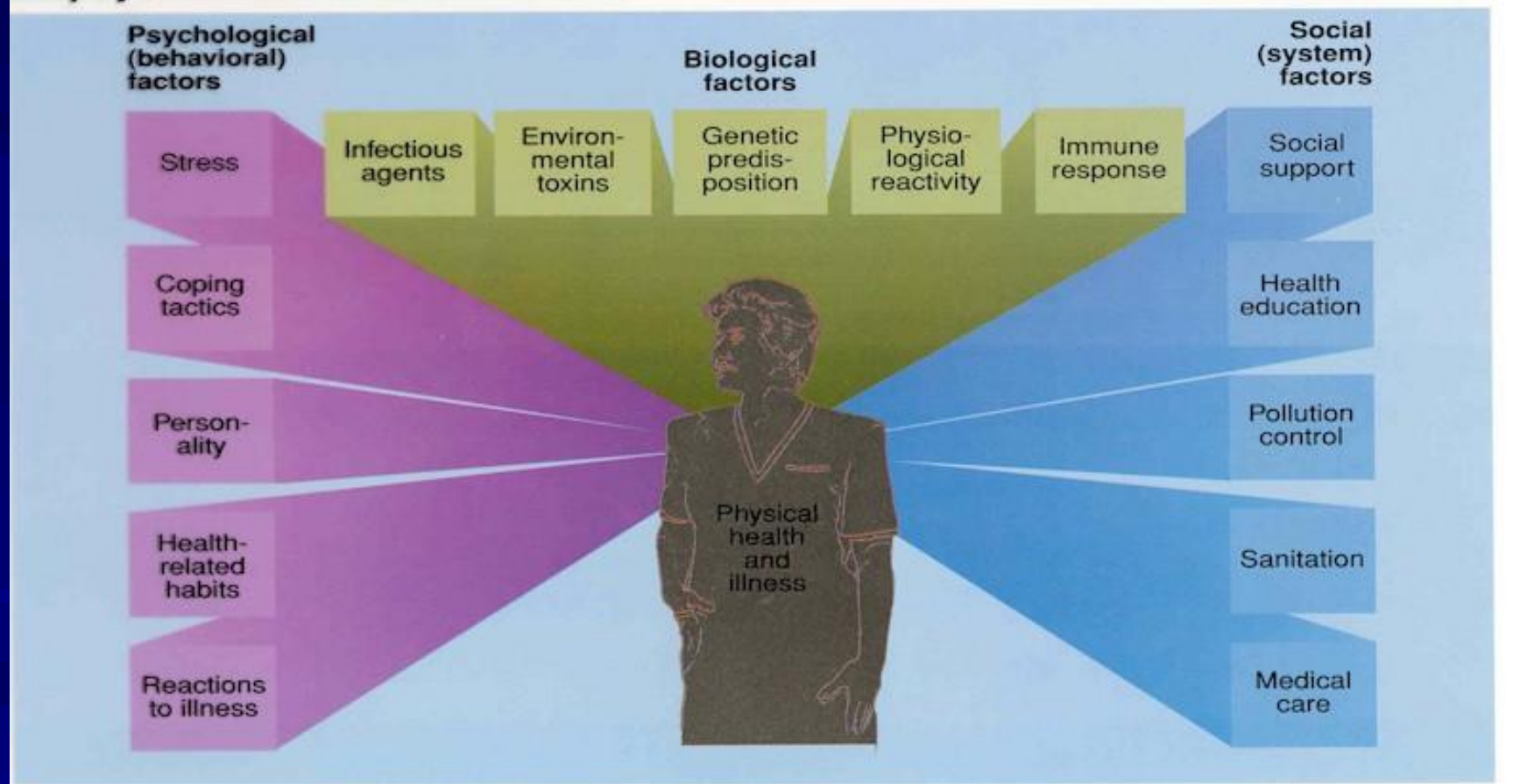




# BIO-PSYCHOSOCIAL MODEL OF MANAGEMENT

# Bio-psycho-social model applied to chronic pain

## Biopsychosocial factors in health





**Bio**  
Central  
sensitisation  
Disease process  
Physical  
deconditioning

Biological factors to consider in the formulation of chronic pain

## Psychological

Cognitions (illness beliefs,  
cognitive distortions,  
hypervigilance)

Mood (anxiety, frustration,  
hopelessness, fear of pain)

Coping (avoidance, boom-  
bust, coping style)

Psychological factors to consider in the formulation of chronic pain

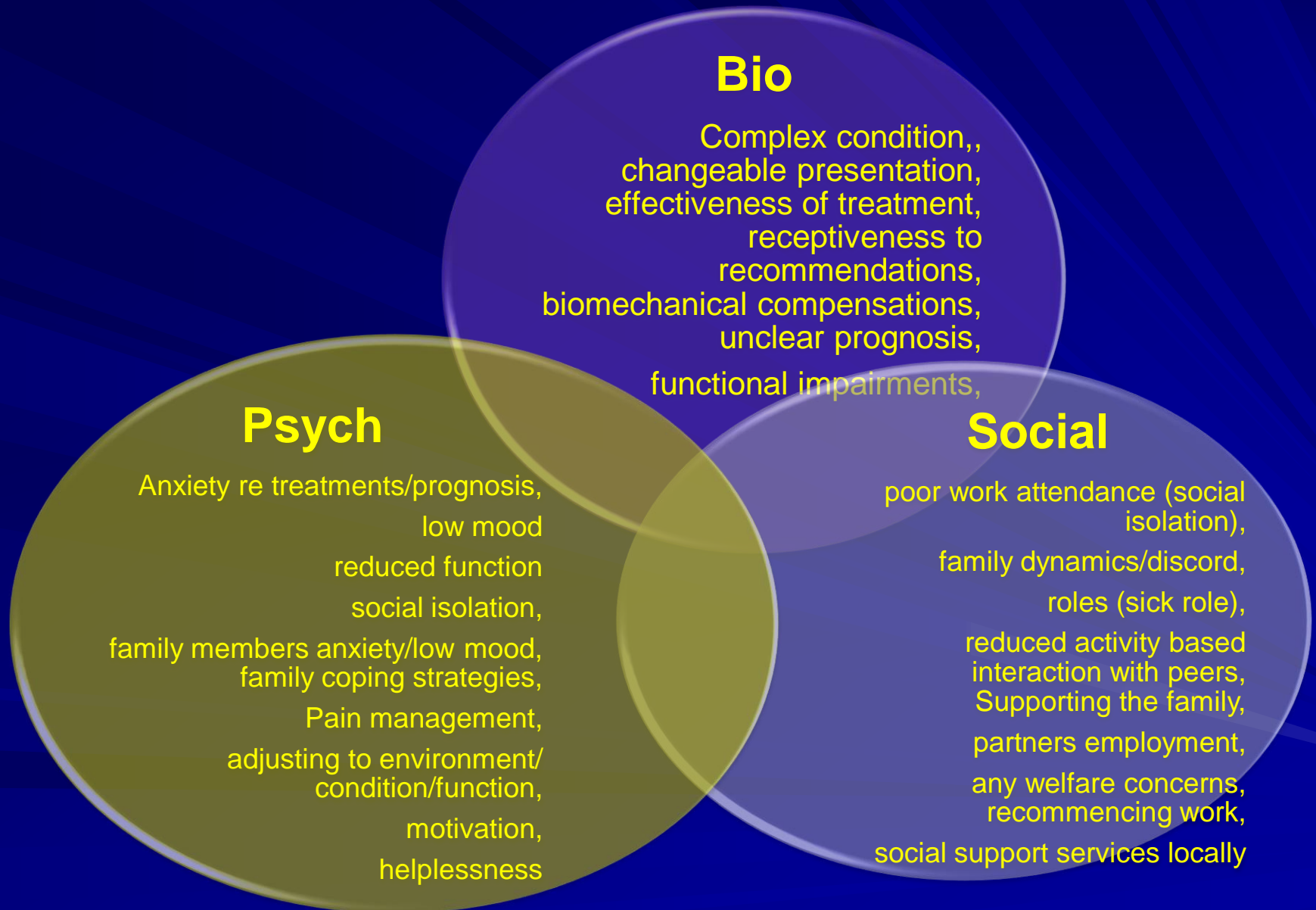
## Social

Partner behaviours  
Work (cognitive functioning,  
attendance, pressure)  
Healthcare experience (e.g.  
disbelief, conflicting messages)  
Cultural beliefs about  
pain/disability  
Economic factors

Social factors to consider in the formulation of chronic pain

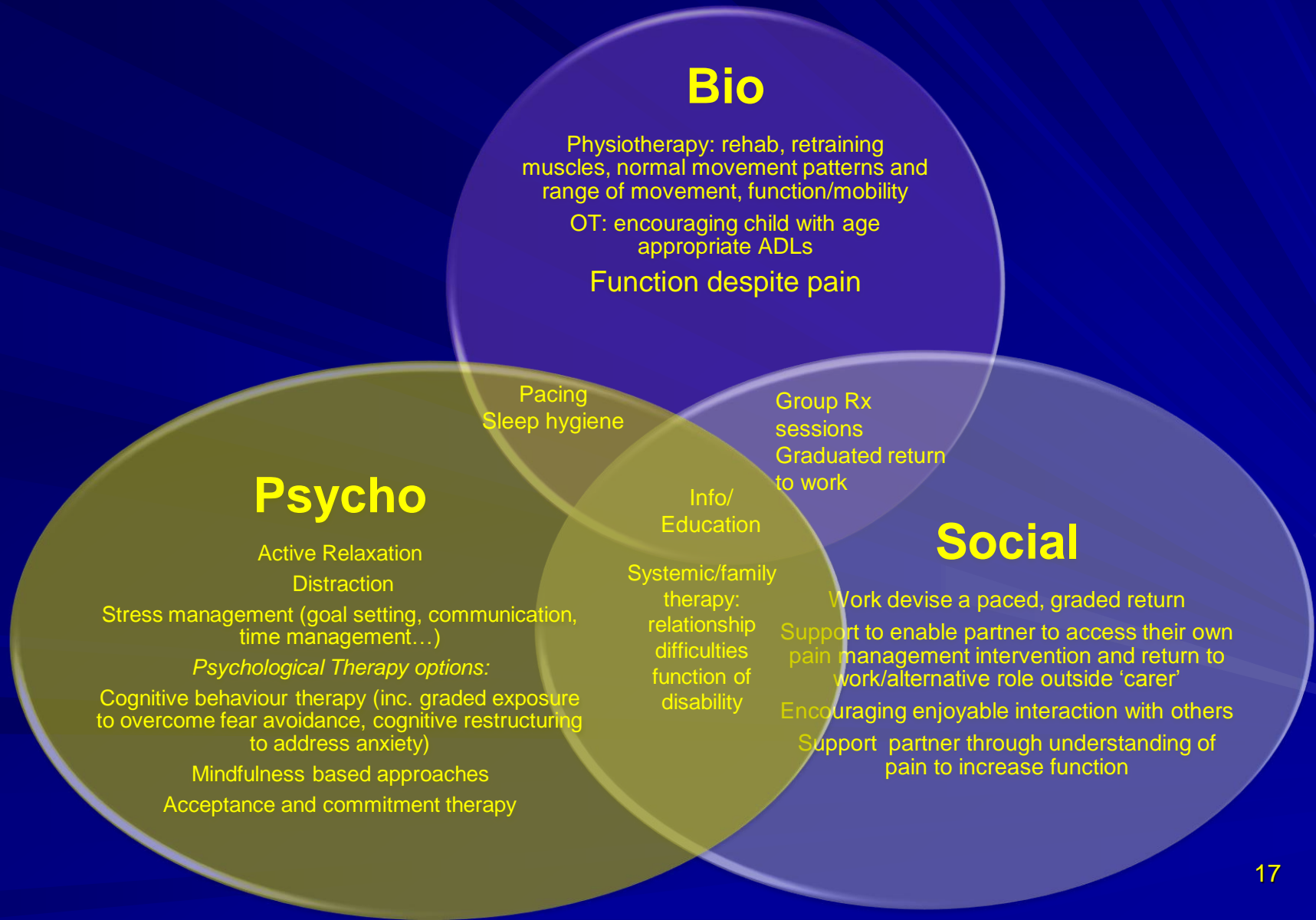


# Obstacles to effective self-management/recovery

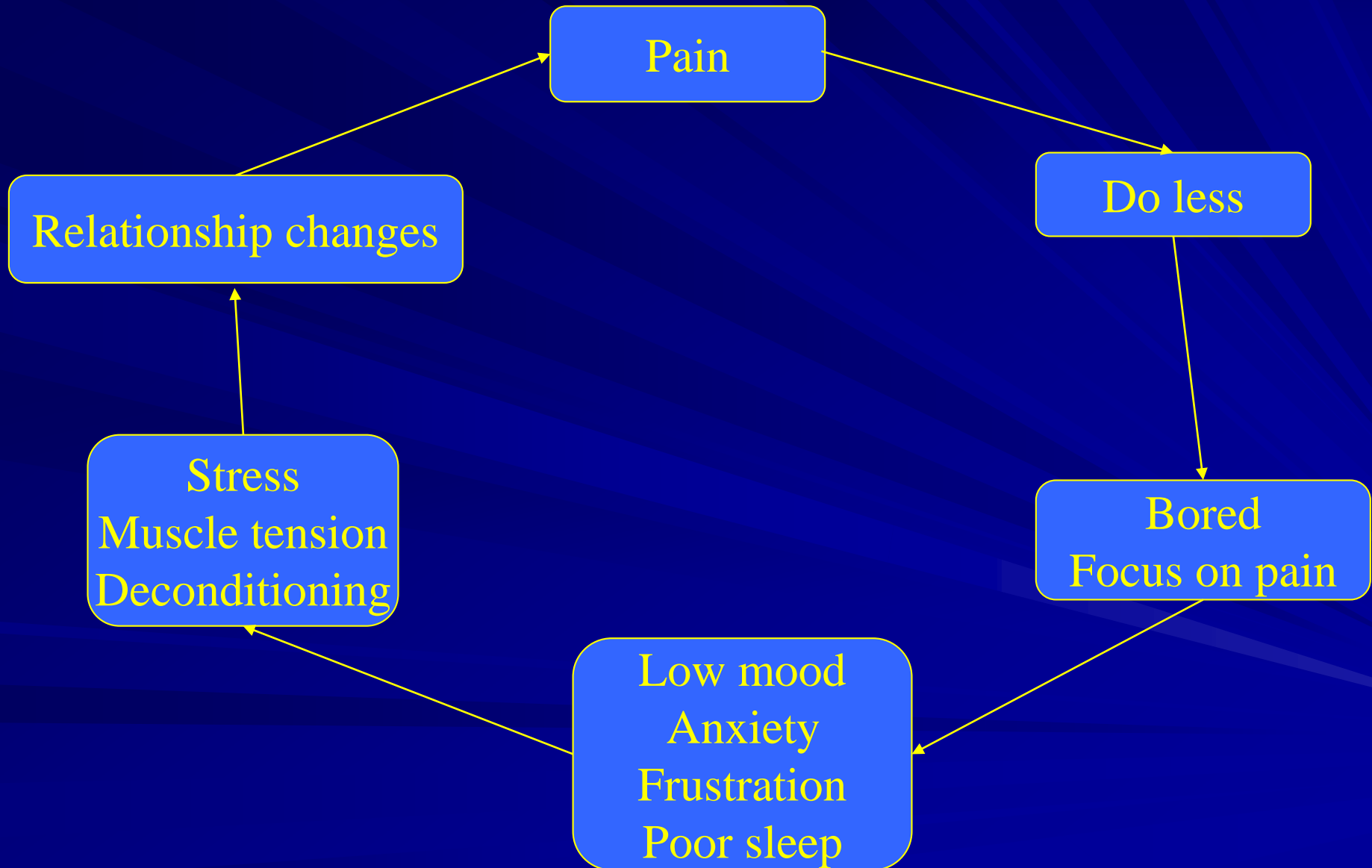




# Approaches to managing obstacles



# The Cycle of Pain



# Things that Increase Pain

- Immobility / Rest
- Focusing on the Pain
- Fatigue
- Not being believed
- Negative thoughts/feelings/emotions
- Muscle weakness
- Abnormal movement patterns

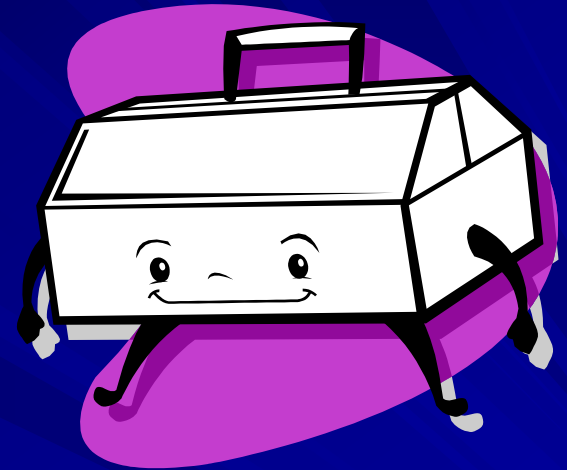
# Things that decrease the Pain

- Exercise / Movement
- Distraction
- Positive thoughts / feelings / emotions
- Sleep
- Being believed
- Good muscle strength
- Normal movement patterns



# Comfort Tool Box

- Exercises and physical activity
- Distractions
  - Games
  - Crafts
  - Movies
  - Reading
- **Going to work**
- Positive statements
- Coping statements
- Imagery
  - Safe/happy place
  - Changing the pain image
- Relaxation
  - Guided Imagery
  - Progressive Muscle Relaxation
  - Controlled Breathing
- Comfort items (marbles/ velvet etc)
- Self hypnosis
- Hobbies/activities
- Friends and families
- etc



**MOOD**

# Positive Approach

- Improve mood
- Increased energy
- Less pain
- More activity
- More determination
- More positive solutions
- More mobility
- Dedication to treatments – exercise and meds.



# Partners as coaches

- Encouraging
- Supportive
- Confident
- Enthusiastic
- Acknowledging pain but not listening to it
- Taking care of themselves



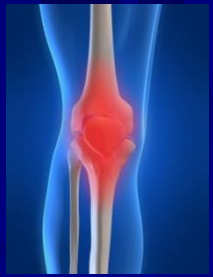


**FUNCTION**

**DESPITE**

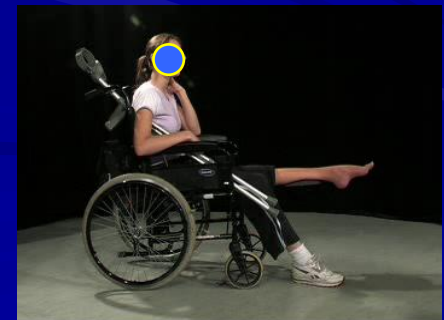
**PAIN**

# Exercise reduces Pain



- **Correcting Biomechanical Dysfunction**
  - Correct altered patterns of movement
  - Correct altered function
- **Increases mobility**
- **Reduces Pain Amplification**
- **Reduces Central sensitisation**
- **Increases Inhibitory fibre Function**
  - Aerobic exercise
  - Strengthening exercise
- **Reduces low mood**

Lumley M 2011; Carville 2008; Busche 2007 & 2008; Buckhardt 2005; Goldenberg 2004





# Emotional Affects of Exercise



- Confidence
- Self - Esteem
- Inclusion
  
- Individual programme
- Group Physio Sessions
- Group sport / training
  - Care is needed to ensure inclusion and not exclusion!



# Simple vs Complex Exercise

## ■ Complex exercise (General fitness)

- Walking
- Running
- Football

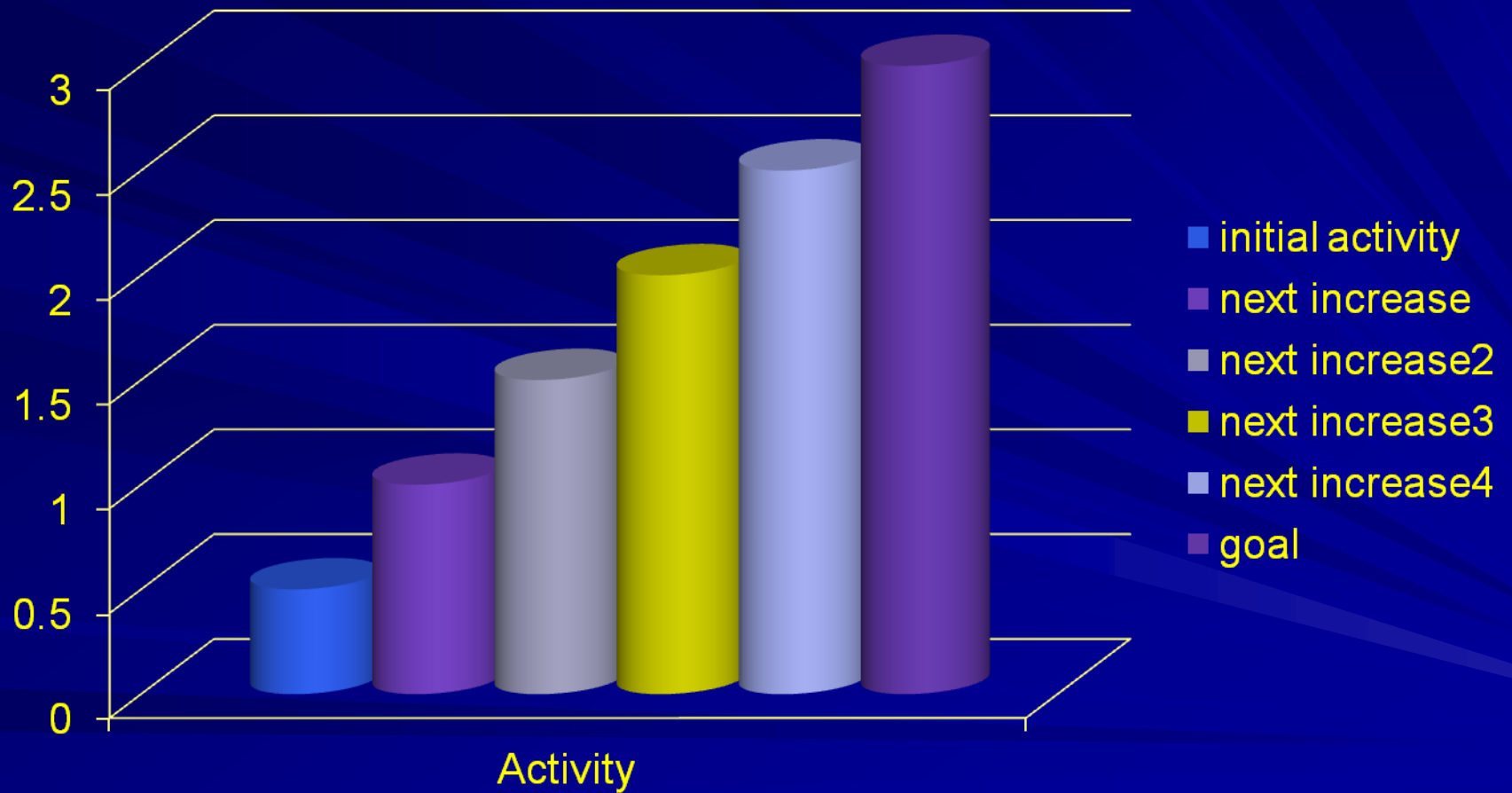


## ■ Simple Exercise (Correct biomechanics)

- Hip abduction
- Straight leg raise



# Pacing



# Consistent Pacing

On GOOD days do not do more

On BAD days do not do less

# Changing the focus of pain in your life.

## ■ Write lists:

- What you would like to do in your life?
- What is stopping you achieve this?
- How are you going to overcome these issues?
- What do you need to overcome these?
- Who do you need?



# Example:

- I want to walk the dog:
  - Too much pain in my legs
  - My muscles are too weak
  - I get out of breath easily
  - I am nervous the dog is going to pull me over
  - I am nervous about going out on my own

(How / what / who!)



# Conclusion

- Active participation
- Exercise is vital in the management of pain
- Pain management techniques
  - Distraction
  - Active relaxation
- Normal function
- Alter focus/thoughts about pain
- Mindfulness



# Activities in daily life

- Most affected

- Activities of moving around (walking, running, walking stairs, public transportation)
- Work/school work
- Leisure activities

- How hand function influence activities and quality of life?

- Opportunity to participate in a study in the lobby
- Includes: measures of hand function and answering questionnaires

# How to improve activity

- Ergonomics
  - Less energy

Activity/  
Exercise



Rest

# Take three minutes and talk to you neighbour

- **What do you do to manage the daily activities?**
- **Any good advice that you want to share?**

# Assistive devices and ergonomically smart things

Assistive devices  
Compensatory  
Economic/energy saving





# Assistive devices and ergonomically smart things



# Wrist splint



# Dorsal flexion



<http://camp.se/fot-och-fotledsortoser/toeoff-familjen/navigaittm.html>



## Swedish Ankle Foot Orthosis

<http://www.rehabmart.com/product/swedish-ankle-foot-orthotic-252.html> (57USD)





# Knee orthosis



<http://www.shutterstock.com/pic-305349119/stock-photo-anatomic-knee-orthosis-elastic-dressing-knee.html>

# Exercise and physical activity

- Talk to your neighbor- how do you use exercise to maximize your independence?