



Pathway through Pain

FAQs

WHAT IS A PAIN MANAGEMENT PROGRAMME (PMP)?

A Pain Management Programme (PMP) is a treatment that uses education and practical exercises to help people with chronic/persistent pain to effectively manage their pain and everyday activities. This includes learning how to relax body and mind, the importance of pacing, goal setting, understanding the psychological effects of persistent pain, how to improve confidence to cope with persistent pain. PMPs are usually delivered in a group setting by a multi-disciplinary team of experts. Pathway through Pain delivers all the elements of a PMP digitally, providing all the benefits of a real-world PMP flexibly from the comfort of home.

IS THE PAIN MANAGEMENT PROGRAM FOR ANYONE WITH PERSISTENT PAIN?

Pathway through Pain delivers all the elements of an intensive Pain Management Programme (PMP) in a digital format. PMPs are usually delivered in a group setting to chronic/persistent musculoskeletal pain patients who meet the following criteria.

- Have experienced musculoskeletal pain for 6 months or more.
- Understand this is not a curative treatment; the pain will still be there at the end of the program.
- Have had all appropriate investigations for the pain and tried other treatments.
- Pain is causing reduced activity and unhappiness.
- Are not suffering from severe depression.
- Understand the course cannot diagnose or detect any medical problems.
- Are not waiting for further investigations or treatment which is expected to solve the pain problem.

HOW DOES THE PROGRAM WORK?

The Pathway through Pain program is linear, asynchronous, on-demand, and self-guided. Participants are led by a multidisciplinary expert team through 24 manageable steps, comprising of pre-recorded video-led sessions, exercises and assignments with accompanying motivational emails. The program delivers all the elements of an intensive Pain Management Programme (PMP).

HOW DOES THE PAIN MANAGEMENT PROGRAM BENEFIT INDIVIDUALS?

Pathway through Pain has empowered many thousands of people to take control of their pain and move forward with a better quality of life, with results backed by published studies. A wide-range of knowledge and practical pain self-management techniques are learned on the program for the participant to find what works for them personally.

WHAT IS THE TIME COMMITMENT FOR THE PAIN MANAGEMENT PROGRAM?

Individuals take part at their own pace, with set break points throughout the program to ensure pacing. Participants are led through 24 manageable steps, comprising of pre-recorded video-led sessions, exercises and assignments with accompanying motivational emails. Each step varies in length, averaging 15-mins, with a recommendation to complete a few steps each week.

HOW LONG WILL PARTICIPANTS HAVE ACCESS TO THE PROGRAM?

Once enrolled participants will have either one year or three years to complete the program and access its tools (depending on the licence given/purchased). Participants can take part at their own pace and will learn lifelong skills and techniques for continuing their practice into the future. Some time and motivation are required to achieve the most benefit; the key is regular practice.

IS THIS PAIN MANAGEMENT PROGRAM FOR BEGINNERS?

The Pathway through Pain program leads individuals step-by-step through all the elements of an intensive Pain Management Programme (PMP). Everything is introduced and explained clearly, making the program suitable for those new to chronic pain self-management. There are set breakpoints throughout to ensure individuals don't rush. Participants can go at their own pace and take as many additional breaks as required.