

SHEET 1 Prompt questions for client consultation

Use the following questions as prompts to gain more information about your client's emotional and physical issues. The questions are to be used creatively as a basis for starting an informed conversation with your client, so pick and choose the ones that work best in different situations. For more information on the assessment process and listening skills refer to Chapter 5.

Current complaint

- Why are you here? What is it you need from me today?
- Use the OPQRS mnemonic to draw out more information about the pain condition:
 - **O** (origin): When did it happen? Over time or a sudden event? Was there anything going on for you at that time?
 - **P** (provocation): What makes it better or worse?
 - **Q** (quality): What does the pain feel like? Dull and achy? Tingling? Electrical?
 - **R** (does it radiate): Does the pain radiate or refer anywhere?
 - **S** (where is it exactly): Can you point to the exact place of pain?

Benchmarking

Where do you put the pain today on a scale of 1–10? And what number would you give to the pain during a bad patch?

Medical history

- Have you had any previous accidents or operations? (For example, falling off a horse, car accident or skiing accident.)
- Have you had any previous musculoskeletal problems, e.g. a bad back, headaches or neck pains?
- Have you had any major illnesses? Are you prone to anything? What is your weak spot? For example, chest infections or sinusitis?
- Do you ever get headaches?
- How's your digestion? Any issues with constipation or diarrhoea?
- How are your periods? Any pain?
- Do you sleep OK? Do you wake up feeling refreshed?
- Where would you put your energy levels on a scale of 1–10?
- How was your health when you were growing up?
- How was your parents' health?

Yellow flags

Use the ABCDEF and W mnemonic to ask about psychosocial factors that may be contributing to the pain condition:

- **Attitudes to pain:**
 - Have you had any previous diagnoses about what is going on for you?

Self-care resources

- How do you feel about what the doctor/chiropractor/physiotherapist has said? Does that make sense to you? Do you understand what they have told you?
- What is your general attitude towards your health? Do you feel that you can have a positive affect on your pain condition?
- What do you think is at the root of what is going on for you?
- **Beliefs:**
 - Do you understand about the cause of your pain? What have you been told? Who told you that?
- **Compensation:**
 - Are you involved in any compensation claims about the accident?
 - How long has the claim been going on?
 - How are you feeling about it?
- **Diagnosis:**
 - Have you been given any diagnosis? Who by? How do you feel about that? Does it make sense to you?
- **Emotions and stress levels:**
 - How are your stress levels at the moment?
 - Where would you put your current stress levels on a scale of 1–10?
 - Are the stresses more to do with home or work life?
 - How long do you remember feeling like this?
 - Is there anything that helps you to feel less stressed?
 - Are there any particular triggers to you feeling stressed?
 - Have you had any support around how you feel? Counselling? Is there a close friend or family member you feel able to talk to?
- **Family:**
 - Are you getting any support around your pain?
 - How does your partner feel? Are they supportive?
 - Are you able to talk to anyone, e.g. friends or family, about how you feel?
- **Work:**
 - How do you spend your days?
 - Are you in any regular paid or voluntary work?
 - How many hours do you do a week?
 - Has the pain affected your ability to work?
 - Is the pain better or worse when you are at work? Do you enjoy your job?
 - Do you have time to relax and recharge?
 - How long is your commute?
 - Do you feel supported at work by your boss/colleagues?

Activity and exercise

- How do you spend your days?
- Do you get much chance to move around or do you get stuck at a desk?
- Do you drive or use public transport to get to work or do you walk or cycle?
- Do you have any physical activities you enjoy doing? How often are you able to do them?

SHEET 2 Mindfulness

Most of us lead hectic lives and the resulting stress from juggling jobs, family, friends and children can mean we get out of the habit of paying attention to how we feel in our bodies. Research has shown that such stresses exacerbate pain conditions and that the regular practice of simple meditation and mindfulness techniques can help us to reduce pain and feel back in control of our lives. Meditation and mindfulness are very simple to practise and require no equipment, and just 10 minutes a day can make a big difference.

Mindfulness simply means being in the moment, i.e. a human being rather than a human doing! However, our 'monkey minds' are used to thinking 10000 things at once, so, like all skills, mindfulness and meditation need practice. Set aside a regular time every day to practise the simple exercise below and you will find it gets easier and easier to be in the moment. Just 10 minutes is all you need.

Mindfulness of breathing: taking 10 minutes for yourself

- Sit comfortably on a chair with your back straight, feet uncrossed and flat on the floor, your arms resting on your legs or in your lap on top of one another. Spend a moment to take in your surroundings with a soft focus.
- Now gently close your eyes and tune into the inner environment of your body.
- Become aware of the weight of your body, the contact between your body and the chair, and the sensation of the soles of your feet on the floor. Feel the weight of your hands and your arms resting on your legs or lap.
- Take a moment now to notice the sounds around you, both inside and outside the room. You don't need to grab onto or worry about the noises; just let the sounds be.
- Tune into the feeling of the air on your face and body; notice whether you are warm or cool.
- Now bring your attention gently to your breath, noticing where you feel the breath in your body. You don't have to worry about the breath or try and change it, just be aware. You might be able to notice the small movements that you don't usually pay attention to; maybe you feel them in your belly or your chest. There are no rights or wrongs, you are just gently observing. Follow the in breath and the out breath with your full attention, like the waves of the sea ebbing and flowing.
- After the next breath out just notice the slight pause, the stopping and the stillness before the next breath in. Just notice the quality and the rhythm of the pause and let the next breath in come when it wants to, almost like the breath is breathing you. You may find that as you notice the pause it naturally becomes longer.
- You may find it helpful to count the breaths.
- As you feel the rising sensation of the in breath you count 1.
- As you feel the falling sensation of the out breath you count 2 just silently to yourself.
- And you continue counting in that way up to 10: so it's 1 with the rise of the breath and 2 with the fall, 3 with the rise and continuing this way up to the count of 10. When you reach 10 just stop and start again at 1. Just try that 2 or 3 times through.
- Again, it doesn't matter if the mind wanders, it's quite normal, but as soon as you've noticed it has wandered, gently bring it back to the act of counting the breaths: stopping at 10 and starting again at 1.
- When you are ready, just bring your attention back to your body. Notice the physical sensation of your body pressing against the chair and then your feet resting on the floor and your hands and arms resting on your legs. Notice the sounds inside and outside the room and any obvious tastes, smells and sensations, so bringing yourself back to your senses and back to your immediate environment.
- In your own time bring yourself back into the room and open your eyes again.

SHEET 3 Body scan

The following exercise allows you to focus on different parts of your body to help you let go of tension and truly relax.

- Find a comfortable position to sit or lie in. Read through the steps below, and then in your mind go through each part in your own time. Pause after each step; don't race through. Don't worry about getting it exactly right; you just need to get the general idea.
- Start by paying attention to your breath, noticing the in breath and the out breath and how it feels in your body.
- Then gently bring your attention to your feet. Notice how your right foot feels; does it feel light or heavy, warm or cool, tense or relaxed? Can you feel the sensation of the air or your clothing against your skin? Does your right foot feel the same as the left or does it feel different? Just notice, don't judge. Now pay attention to your right foot in the same way.
- Now gently bring your attention to your legs. Notice how your right leg feels. Can you feel the sensation of your leg against the floor? Can you feel the air, the temperature, heaviness or lightness, the texture of your clothes? Do both legs feel the same or does one feel different from the other?
- Now bring your awareness to your hips and buttocks. Feel them resting against the floor. Notice any tightness, heaviness, lightness and sensations of warmth or coolness.
- Now your spine, your low back and your upper back; gently draw your attention to them in the same way, noticing the sensations, just observing.
- Now notice the other parts of your body in the same way: your belly, your chest, your arms, shoulders, neck and head. Observe the sensations in these body parts.
- Now bring your attention to your body as an integrated whole. Observing the breath once more, feel the in breath flowing to all parts of your body, bringing energy, warmth and light to each area. On the out breath feel any pain, tension, stress or negativity flowing out with the breath.
- If you feel any pain or tension in any body areas, just notice the sensation and be aware of the whole of your body at the same time. Don't grab onto the pain or focus on it. Don't try and distract yourself from the pain. Just be aware and spread the sensation out through your whole body. Breathe the pain out on your exhale and draw warmth and light in on the inhale.
- When you are ready to return to the room, start to gently bring yourself back by wiggling a finger or a toe. Then open your eyes and lie or sit quietly for a while, absorbing your experience. Tune into the sight and sounds in the room, any smells, the feeling of your body against the floor, any noises. Tune into your body and notice how you feel and whether this is different from how you felt at the beginning of the session.
- Any time during the day you feel stressed, anxious or out of control, take yourself back in your mind to the sensory experience of how you felt at the end of the session, e.g. the sights, sounds, smells and physical sensations.

Lots of people get the wrong idea about meditation and relaxation, thinking that it has to be done in an ideal perfect posture. Yet striving for the perfect posture or battling against discomfort can take away from the point of the practice. The Buddha himself said that meditation flows through all 'four postures' of walking, sitting, standing and lying down. Good meditation posture is the position in which you can happily stay still and steady.

Reclining postures

For many people lying down is a great position for being relaxed and open, making it easier for you to still your mind. You will need a soft flat surface to lie on. If a yoga mat feels too thin, fold a blanket or duvet underneath you. You can also use pillows for support in the different positions. See which of the reclining postures below is most comfortable for you.

Lying on your back

- Lie on a comfortable surface and, if you can, without a pillow under your head.
- **Savasana (corpse pose):** this is a traditional yoga relaxation posture. Lie on your back with your arms by your sides, palms facing up and your feet spread slightly apart from each other. Feel the floor taking your full weight. **See Figure S4.1**
- A pillow under your knees can also be helpful, especially if you have a bad back.

Lying on your side

- When lying on your side use pillows as support under your head and between your knees.

Lying on your belly

- Lie face down with your head tilted to one side and a soft pillow under your ear if needed. Your palms can be under your body or face down on the floor. This can be a helpful position if you feel very stressed or anxious; imagine all your emotions draining out of your chest and body into the earth. **See Figure S4.2**

SHEET 4 Positions for relaxation and meditation

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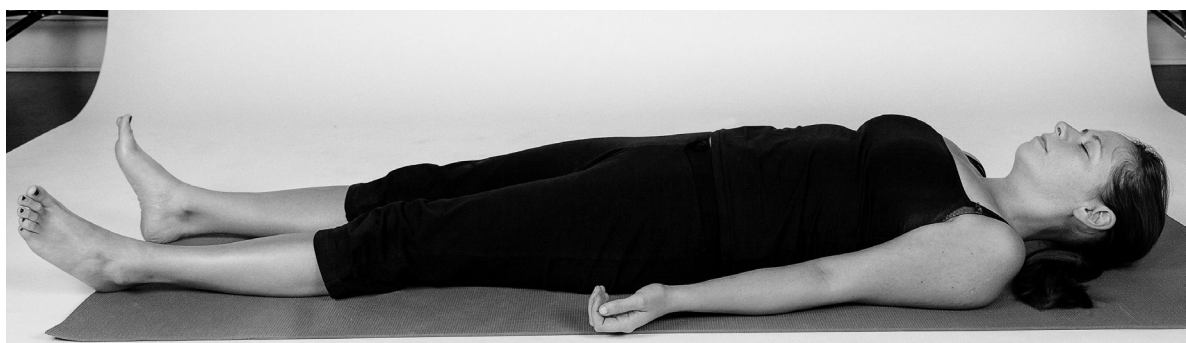


Figure S4.1

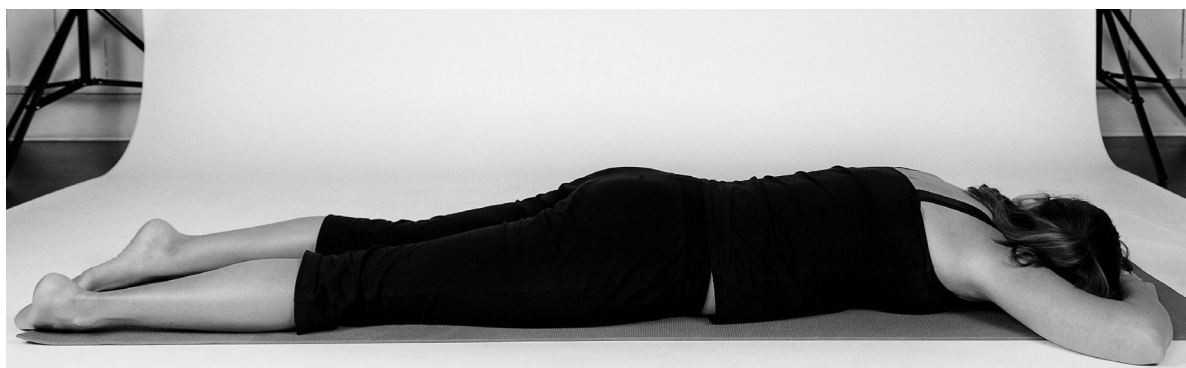


Figure S4.2

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SHEET 5 Seated positions for relaxation and meditation

There are a variety of seated postures you can use for meditation. Again, the prime goal is to be comfortable in your physical body, so experiment with which posture suits you best.

Sitting on a chair

It is best to use a straight backed chair rather than an armchair or sofa. Rest your feet firmly on the floor (or cushions if your legs don't reach). Sit upright without leaning on the back of the chair if possible. Your hands can rest comfortably in your lap. **See Figure S5.1**

Cross legged

Use a small cushion or yoga block and sit on the edge so that your spine is tipped forward slightly. **See Figure S5.2**



Figure S5.1



Figure S5.2

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Cross legged

Use a small cushion or yoga block and sit on the edge so that your spine is tipped forward slightly. **See Figure S5.2**

Japanese style sitting

Kneel with a cushion between your knees. You may need to experiment with different heights to see which is the most comfortable. **See Figure S5.3**



Figure S5.3

SHEET 6 Helpful visualisations for pain relief

You can follow up the basic mindfulness of breathing exercises with some simple visualisations. These can be very effective in helping you reduce and manage pain.

Start with the basic mindfulness of breathing exercise or body scan. When you are feeling calm and relaxed, take yourself to the area of pain. Ask yourself some questions about the pain:

- What colour is it?
- Is it a shape?
- How big is it?
- Is it hot or cold?
- Are there any feelings associated with the pain? What are they?
- Is the pain trying to tell you anything?

When you have a visual of what your pain looks like to you, now imagine you have a magic dial that can change the pain experience:

- If the pain is jagged turn the dial so it becomes smooth.
- If the pain is large turn the dial to make it smaller.
- If the pain is black turn the dial to a different colour of your choice, e.g. golden, soothing white or whatever works for you.

If you identify emotions associated with the pain just feel free to feel them. It is not uncommon when you do this to cry or feel angry. Just feel what you feel and don't try to suppress the feelings or analyse them.

It may feel a bit 'new agey', but it is worth tuning into your body to see if your pain has a message for you. Modern neuroscience and research has shown that pain is a result of the body feeling under threat; if you can identify what the threat is and do something about it, your pain will reduce. For example, this might be taking a holiday, not working through your lunch break, or changing your job.

SHEET 7 Static stretches for back pain

Instructions for stretching

- Breathe in and then go into the stretch with the out breath.
- Increase the range of motion until you feel the stretch, then wait and hold at that point.
- Hold the stretch for 10–30 seconds breathing normally or hold for longer if that feels good. The longer you hold the stretch the more you are affecting the fasciae of the body which are thought to be important in some pain complaints.
- Tune in and listen to your body. Feel free to 'fine tune' the stretch once you are in position.
- You are looking for the sensation of a 'good stretch' not an uncomfortable increase in pain that you need to fight through. If you feel a 'bad pain' back off slightly until the stretch feels comfortable or slowly come out of it.
- Aim to take 10 minutes to do the exercises every day. If you are in pain it can feel good to do them after a warm bath.

Gluteal stretch

- Take your knee to your chest, hug and hold.



Figure S7.1

- Repeat on other leg. **See Figure S7.1**

Piriformis stretch

The sciatic nerve runs very close to this muscle and some cases of sciatica are caused by the nerve getting trapped at this point.

- Lie on your back. To stretch the left piriformis put your left heel on your right knee.



Figure S7.2

- Put your hands through the hole created with your legs and wrap them around your thigh to bring both legs to the chest. You should feel a stretch in your left buttock area.
- 'Fine tune' the stretch so that it is targeting the area that feels good for you. **See Figure S7.2**



Figure S7.3

Hamstring stretch

- Lie on your back. Take your knee to your chest and wrap your hands around the thigh.
- Now try and straighten the leg to stretch the hamstrings. **See Figure S7.3**

Spinal twist

- Lie on the floor with your knees up and your feet flat on the floor. Your arms are outstretched.
- On the out breath gently take your knees towards one side while turning your head slowly the other way.
- Just let your knees go as far as is comfortable to feel a gentle stretch in the spine. **See Figure S7.4**



Figure S7.4

SHEET 8 Active isolated stretches (AIS) for low back pain

The most common form of stretching is static stretching, which is like yoga stretching where you go into the stretch and then wait and hold.

There is another form of stretching called AIS that some people find more effective or enjoyable. The following is a great 10–15 minute stretching protocol for back pain.

Steps in AIS

- Take your body part into the stretch **ACTIVELY**.
- At the end of the range of motion use your hands or a belt to increase the stretch slightly for 1.5–2 seconds only.
- Release, go back to the starting point and repeat.
- Do 10 repetitions of 2–3 cycles with a pause in between cycles.

AIS for the gluteal muscles

- Lie on your back with your feet on the floor. **See Figure S8.1A**
- Actively take one knee towards the chest.
- When you have gone as far as you can, assist the stretch with your hands around the knee. Hold for 1.5–2 seconds. **See Figure S8.1B**

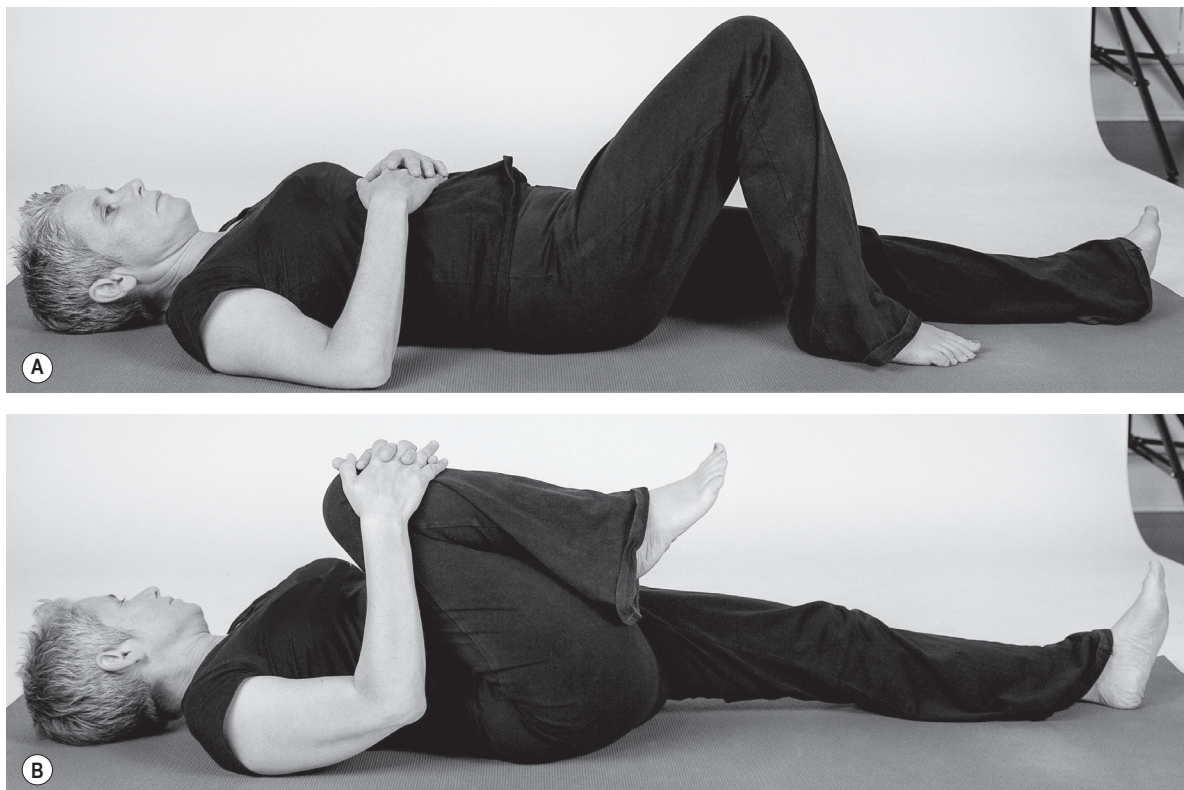


Figure S8.1A,B

Self-care resources

- Release and repeat. Do 10 repetitions of 2–3 cycles.

AIS for the piriformis

- Lie on your back. Left leg is straight and right leg is bent in a triangle shape with your foot on the floor.
- Keep the left leg in the same place and now bring the right leg towards you while, at the same time, externally rotating at the hip.
- When you have got as far as you can, put one hand on your foot and the other on your knee and pull the stretch further towards you. Hold for a count of 1.5–2 seconds.



Figure S8.2

- Release and repeat. Do 10 repetitions of 2–3 cycles. **See Figure S8.2**

AIS for the hamstrings

Bent knee hamstring

- Lie on your back with both legs bent.
- Bring one leg closer to your chest but still in the bent position. Now straighten the leg as far as you can.



Figure S8.3

- Assist at the end with a rope or belt around your foot and hold the increased stretch for 1.5–2 seconds.
- Release and repeat. Do 10 repetitions of 2–3 cycles. **See Figure S8.3**

Straight leg hamstring

- Now lengthen one leg along the floor. Keep the other leg bent with your foot on the floor.
- Take the straight leg up as far as you are able. Assist the stretch at the end with a rope around your foot for 1.5–2 seconds.
- Release and repeat. Do 10 repetitions of 2–3 cycles.

SHEET 9 Tips for neck and shoulder pain

Post whiplash

- If you have a whiplash injury it is important to keep your neck moving. Research has shown that collars that immobilise the neck are counterproductive. If your injury is recent, the good news is that most cases of whiplash make a full recovery within a few weeks.
- Aim to keep your neck moving as normally as possible. The key here is to listen to your body. You need the happy balance between 'pushing through' pain and making things worse and avoiding movement altogether. Be gentle with yourself but aim to gradually increase neck movements.
- Make sure you are not avoiding moving the neck by compensating with other body parts. For example, moving the trunk to see behind you.

Simple mobilisation exercises

- Do these simple exercises several times a day.
- Aim to gradually increase the range of motion each time.
- You are not causing further damage to your body with movement; gentle and progressive movement is a natural part of healing from injury.

Saying yes

- Nod your head up and down.
- Tune into your body and take the movement at a speed that feels OK for you.

Saying no

- Now turn your head from side to side as if saying no.

SHEET 10 Tips for headaches and migraines

- Keep a headache diary: many people feel that their headaches come out of the blue but keeping a record of when you get them and what was going on at that time can often reveal patterns. Understanding triggers in this way can help you get back in control of your headaches.
- The diary does not need to be complicated. Record when you got the headache, the pain on a scale of 1–10, what was going on for you at the time, any thoughts or feelings and what foods you ate.
- Many headaches are caused by tension and stress. Regular practice of balancing activities such as exercise, yoga, relaxation exercises or meditation can really help. The key here is to do what you enjoy!
- Regular practice of the mindfulness of breathing exercise will be helpful and just 10 minutes a day will make a difference.

Acupressure points for headaches

Listed below are some acupressure points that can help if you feel a headache coming on. Treat the points as soon as you feel the signs of a headache. Hold the points for 3–5 breaths and repeat until each point feels less tender.

- **GB 21:** press into the middle of your shoulder. **See Figure S10.1**



Figure S10.1



Figure S10.2

- **Co 4:** press into the webbing between your thumb and forefinger. **See Figure S10.3**



Figure S10.3

SHEET 11 Tips for shoulder girdle pain

Movement is really helpful to aid recovery from shoulder problems such as rotator cuff injury or frozen shoulder.

Mobilising exercises

- **Swinging:** swing your arm back and forth comfortably, trying to get a bit further each time (without straining). See Figure S11.1



Figure S11.1

- **Circling:** you can also try circles, getting bigger each time.
- **Front pocket, back pocket:** put your hand in your front pocket (real or imaginary). Flap back and forth many times like you have wings. Now do the same with your hand in your back pocket.

Aim to do these mobilisations several times a day, listening to your body so that you are not overstraining.

The gym of life

- Try and find ways to incorporate more movement of your shoulders into everyday activities. For example, swinging your arms more while walking the dog, and putting things on a slightly higher shelf so that you have to reach for them.

SHEET 12 Tips for forearm, hand and wrist pain

- **Myofascial stretch:** bend your arm at the wrist and stretch your arm out, imagining that it is elongating like a telescope. Now take your ear to your shoulder so that you are also stretching your neck on that side. Fine-tune the stretch with small movements until you find the point that feels really good. Tune into your



Figure S12.1

body and breath and follow any movement that feels helpful. Wait and hold for as long as feels comfortable. **See Figure S12.1**

- **Trigger point release for forearms:** use a tennis ball, golf ball or spiky ball to apply pressure to the forearms (both sides). If you find any tight or tender parts wait and hold until you feel the pain releasing. **See Figure S12.2**
- **Modify activities and take more breaks:** modify any hand intensive activities to give your hands and arms a break, e.g. call rather than emailing, use your non-dominant hand for everyday activities, or find different ways to do those things that normally cause you pain. This allows the body to calm down any pain signals. Also allow yourself to take more mini-rest breaks, e.g. if you do intensive computer work, stop every 30 minutes or so for 5 minutes and take a walk or stretch break.

Self-care resources

- **Exercise:** always helpful! Find something you enjoy, e.g. yoga, swimming, cycling, running, dancing, etc.
- **Meditation and relaxation:** many hand and wrist problems are exacerbated by stress and tension. Taking time to do short regular meditation or relaxation sessions can really help.



Figure S12.2

SHEET 13 Hip pain

Mobilisations for the hip

Do the following several times a day for at least 1 minute each time:

- Stand holding the side of a table and swing your leg backwards and forwards.
- Repeat swinging from side to side. **See Figure S13.1A,B**



Figure S13.1A,B

Active isolated stretching for the hip

The following stretches can be supplemented with others from the low back and leg, knee and foot stretching sheets as appropriate (see Sheets 8 and 14).

Gluteus medius muscle

- In a standing position, cross one leg over the other.
- Slide your hand down your leg as far as you can so that you bend your trunk and hips to the side.
- Hold for 2 seconds.
- Go back to the starting position.
- Do 10 repetitions of 2–3 cycles. **See Figure S13.2**



Figure S13.2

Adductor muscles

- In a lying position, take your leg out to the side as far as you can.
- Assist the stretch at the end with a rope or belt.
- Hold for 2 seconds, release and repeat.
- Do 10 repetitions of 2–3 cycles. **See Figure S13.3**



Figure S13.3

SHEET 14 Leg and knee pain

The following can be supplemented by both static and/or active hamstring, gluteus medius and adductor stretches (see low back and hip and pelvis exercise sheets (Sheets 8 and 13)).

Active isolated quadriceps stretch

- Lie on your side with your head on the floor and both legs bent.
- Bring your top leg up to your chest while still bent. **See Figure S14.1A**
- Take your leg behind you and assist the stretch at the end with rope or hands for 2 seconds. **See Figure S14.1B**
- Release and do 10 repetitions of 2–3 cycles.



Figure S14.1A,B

Gastrocnemius stretch

- Sit on the floor with your legs straight.
- Wrap a rope around the bottom of your foot.
- Actively take the foot towards your head (do NOT use the rope to pull at this point).
- When you have reached the end of your range, use the rope to assist the stretch for 1.5–2 seconds.
- Release and do 10 repetitions of 2–3 cycles. **See Figure S14.2**



Figure S14.2

Soleus stretch

- Sit on the floor. The leg to be stretched is bent with your foot on the floor.
- Take your toes to your head as far as you can.
- At the end of your range, use your hands to assist the stretch for 1.5–2 seconds.



Figure S14.3

- Release and do 10 repetitions of 2–3 cycles. **See Figure S14.3**

Knee mobilisations

- Sit on a high table or chair and swing your knees back and forth alternately.

SHEET 15 Self trigger point treatment and exercises for temporomandibular joint (TMJ) pain

The following muscles can house sore spots that contribute to TMJ pain. This is how you can treat them yourself:

- You are looking for sore spots in the muscle, particularly those that re-create the pain you are experiencing.
- When you find a sore spot wait and hold until you feel the pain start to decrease.
- Go back to this point a couple of times until it is no longer tender on palpation.
- The pain you are experiencing from treating the trigger point should not be more than a 6 on a pain scale of 1–10. If the point is more painful than this you need to use less pressure.

Sternocleidomastoid (SCM)

- Stand in front of a mirror and rotate your head noticing the muscle that pops out on the side of your neck as you do so.
- Bring your head back to neutral and gently grasp this muscle near its starting point by the ear.
- Gently squeeze the muscle between your thumb and the soft knuckles of your first finger.
- Work the full length of the muscle to the collarbone, treating any trigger points you find. **See Figure S15.1**

Trapezius

- This muscle is found at the top of the shoulder.
- Work from neck to shoulder, grasping the muscle between your thumb and forefingers and treating any trigger points you find. **See Figure S15.2**



Figure S15.1



Figure S15.2

Masseter

- To find this muscle clench your jaw; the masseter is the strong muscle that pops out at the side of your face.
- Relax your face and explore the masseter muscle from cheekbone to jaw with your soft fingertips.
- Treat any trigger points you find. **See Figure S15.3**

Opening and closing

- After treating the trigger points now practise opening and closing your mouth several times. Aim to get a little bit further each time without straining or causing too much pain.
- Rest and repeat for a couple of cycles.



Figure S15.3

SHEET 16 Decatastrophising worksheet

Often if you are in pain it's easy for your mind to keep jumping to the worst possible scenario: this is known as catastrophising. Research has shown that these thought patterns are unhelpful and can actually exacerbate and prolong our pain conditions. If you find this is a habit for you, the following worksheet may be helpful:

- Specify the catastrophic thought clearly.
- Challenge the truth of this statement.
- Come up with three positive alternative statements.

Example:

- Specify the catastrophic thought clearly, i.e. 'What if my back never gets better?'
- Challenge the truth of this statement:
 - 'My back has been bad before and got better in a few days.'
 - 'My massage therapist told me about research that showed that almost all cases of back pain get better in days or weeks.'
- Come up with three positive alternative statements:
 - 'I am likely to get better in a few days.'
 - 'Even though I am in pain I can still go to work.'
 - 'There are lots of things I can do for myself to help the pain.'

SHEET 17 Pain diary

- Record a brief description of the pain and its intensity on a 1–10 pain scale.
- Make a note of what you were doing at the time.
- Make a note of what you were thinking at the time. **See Table S17.1**

Table S17.1

Day	Pain 1–10	Brief description	Situation	Thoughts
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				