

## Occupational Therapy for Chronic Pain Management

An Occupational Therapist at Block Building Therapies can provide a unique contribution to chronic pain management with their overarching focus on function. This includes daily activities such as dressing, grooming, meal preparation, shopping, child care, as well as other community activities such as work and leisure tasks.

Pain is complex and is influenced by our emotions, experiences, thoughts, beliefs, activities, culture, and more. A traditional biomedical approach, which only addresses physical and biological elements, is not sufficient in the successful treatment and management of chronic pain.

## Assessment Process & Treatment:

Our Occupational Therapists take a holistic and comprehensive approach to thoroughly evaluate all the factors that can influence the experience of pain, and use that information to apply self-management strategies, functional activities and specific exercises to improve a person's function and participation.



### Treatment includes:

- Education
- Mindfulness & self-regulation
- Developing self-management skills
- Realistic goal setting
- Pacing of activities to increase functional tolerances
- Return to work planning

## The Impact of Occupational Therapy in Chronic Pain Management

When pain becomes chronic, it moves into the brain. There's a tendency to focus on the physical body when what we really need to focus on is education, the nervous system, function and engagement in activities. Education in the neurophysiology of pain can:

- Increase pain thresholds during physical tasks
- Improve outcomes of therapeutic approaches such as graded exercise and activity
- Decrease pain ratings and perceived disability

Along with self-regulation and self-management, which is about consciously using strategies to cope with and reduce chronic pain, a person is empowered to take control and have a good quality of life despite pain.

By gradually increasing activity in a safe way, a person is able to increase their functional tolerances and engage in a wider range of functional activities in areas of self care, leisure or work. What we know for sure is that satisfying participation in an occupation can improve mood, provide a healthy diversion & increase the release of endorphins, which are the body's natural pain relievers.

Ultimately, this not only leads to improved tolerances for all the demands and duties of life, it leads to an improved quality of life.



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For further assessment, therapy, consultation and/or education on Occupational Therapy in Chronic Pain Management, contact Block Building Therapies at:

**204-231-0785**  
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**Referral forms for new assessments are also available online on our website: [www.blockbuilding.ca](http://www.blockbuilding.ca)**